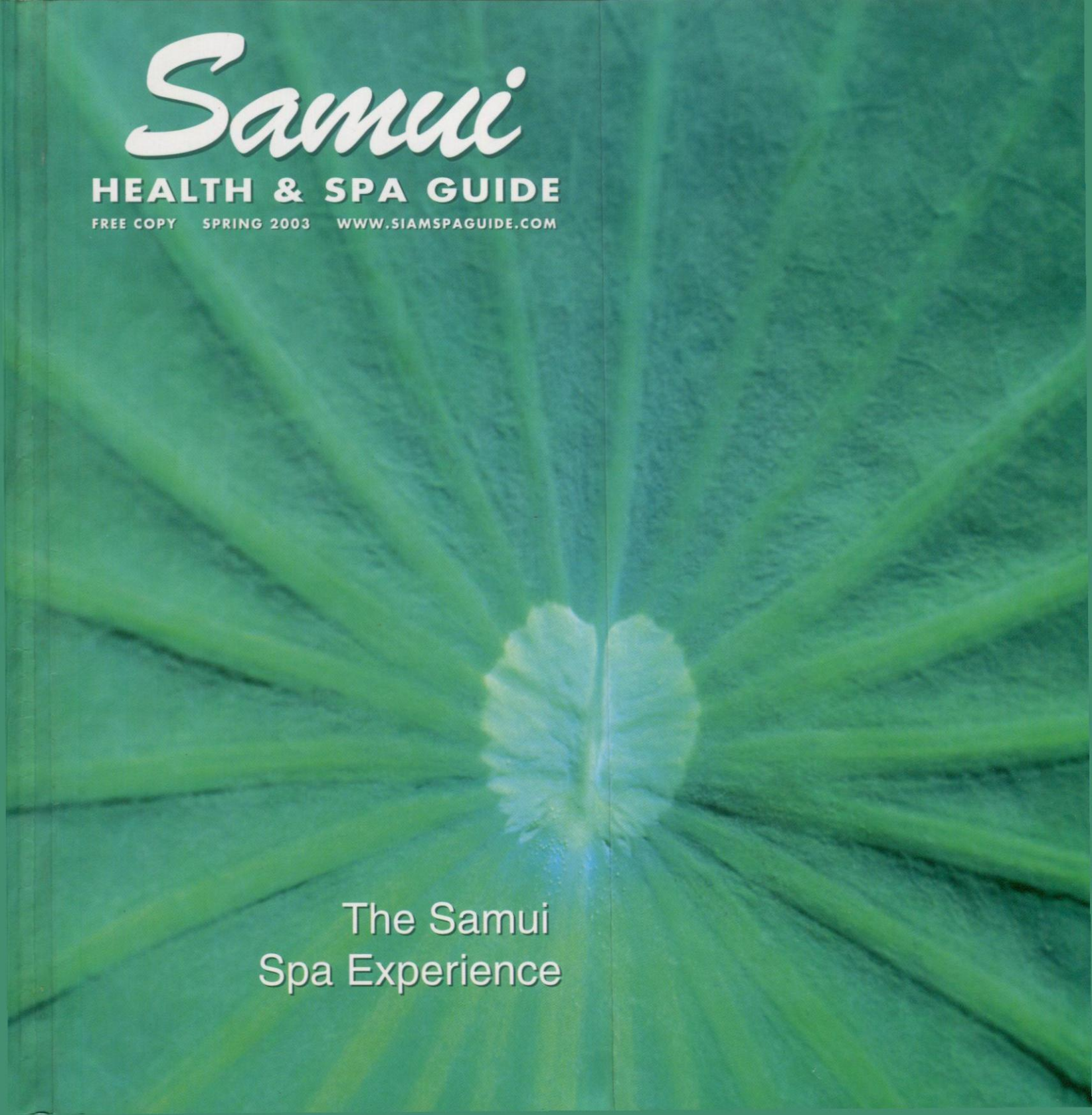
Samui

HEALTH & SPA GUIDE

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The Samui
Spa Experience

Welcome to Samui



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Welcome to Samui
– the health centre of the region

It wasn't so long ago that the only chance of being pampered on a Samui holiday was by having a beach massage. Happily, things have changed!

The island now boasts of having many excellent spas that can truly be referred to as 'world-class'. From aromatic steam baths through to herbal body-masques, these health centre/retreats offer the utmost in rejuvenating body/beauty treatments – all in total luxury and comfort.

The *Samui Health & Spa Guide* reviews the best, discovering the individual charm and areas of expertise in each place (examples from their treatment menus are also included).

This in-depth information, plus some interesting related articles, should help you in selecting which spas are best-suited to your requirements.

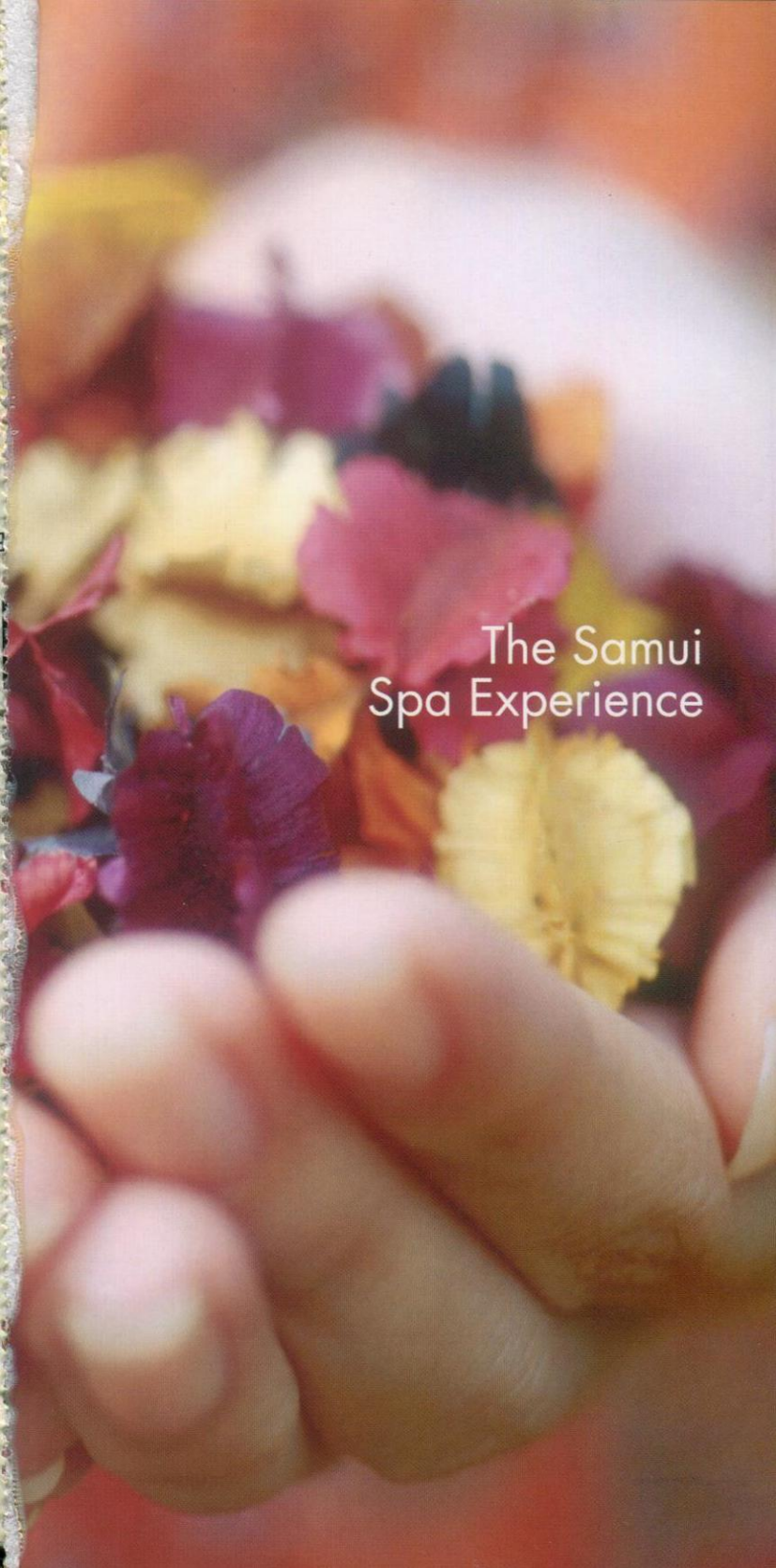
Wishing you a happy and relaxing stay on Samui,

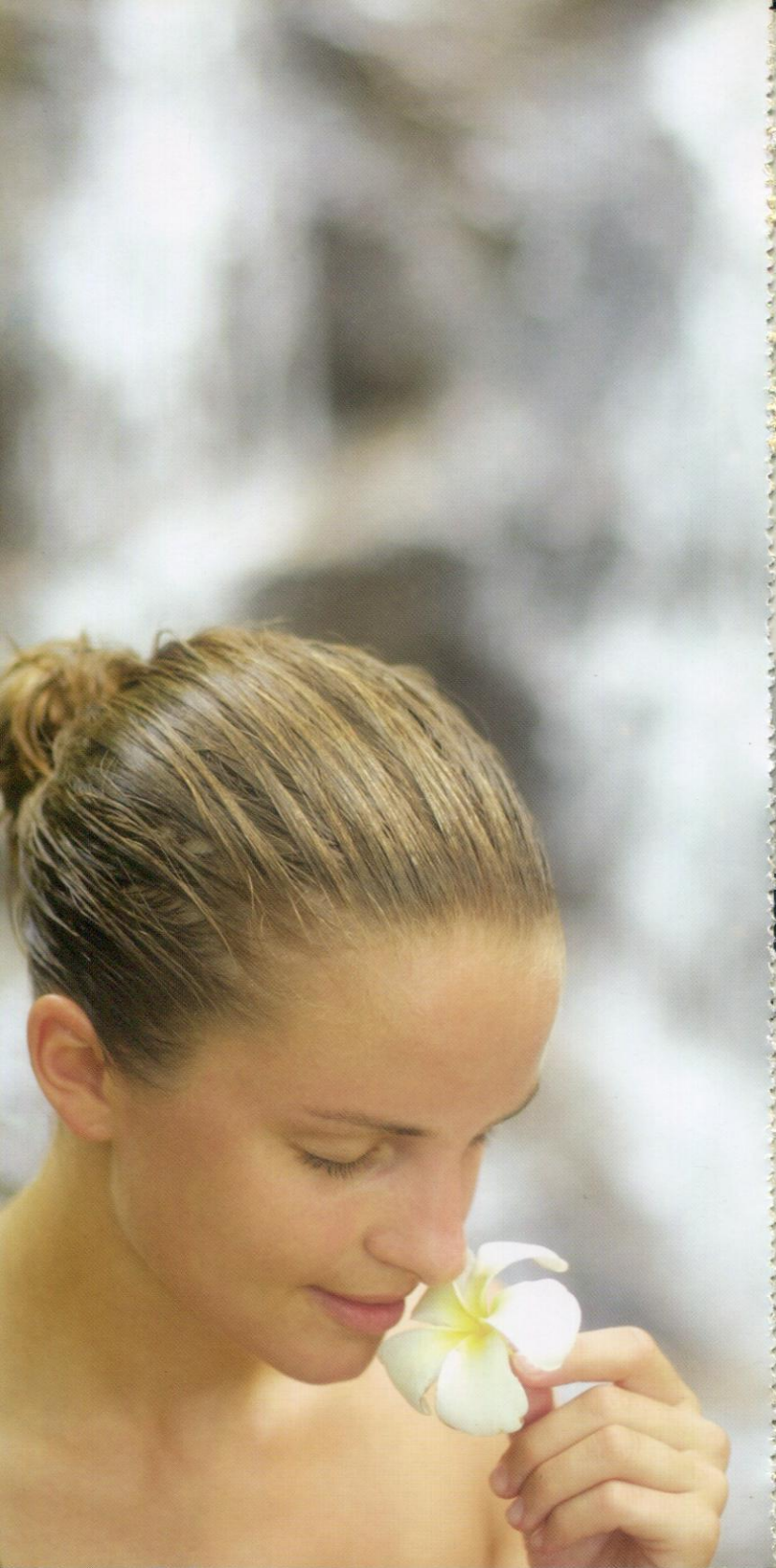
M. A. Holehouse

Michael Holehouse
Chairman - Thai Hotels Association (Samui)
and General Manager - Poppies






The Samui
Spa Experience



Contents

Samui as a Health Resort 6

The Massage Message 8
Thailand's famous body treatment.

What is Chi Kung? 12
Keeping in shape - Asian-style.

Spa Cuisine 16
It looks good, tastes good, and *does* you good.

Gym'll Fix It 18
It's never too late for fitness.

Reflexology is Afoot on Samui 20
The ancient art of therapeutic foot massage.

Yoga and Relaxation 24
Balancing your body - *and* your mind.

Alternatively Speaking - are fruit and vegetables enough? 26
The benefits of vegetarianism.

Ayurvedic Medicine 28
Ancient medical procedures still practiced today.

Reiki 32
The Oriental version of spiritual healing.

Fast - Recovery 34
How abstaining from eating can be healthy.

Essential Knowledge 38
All about essential oils.

Natural Spa Ingredients 42

Recommended Health Centres & Spas

Ban Sabai Spa 48

Centara Spa 52

Chedi Spa 56

Eranda Herbal Spa 60

Health Oasis Resort 64

Heavena Spa 68

Jungle Park Zen Massage 72

Living Senses Spa 76

Neptune Club 80

Tamarind Retreat 84

Top-To-Toe 88

Samui Map Inside front cover

Chaweng Map Inside back cover



Samui as a Health Resort

Initially, the big attraction was total relaxation on deserted beaches. Next, it was getting together to have beach parties. Then, people were drawn by the massive open-air nightclubs. Now, for many, the reason for choosing Samui as their holiday destination has turned full circle – they're seeking relaxation again, but this time with the accent on health.

The new wave of searchers for a stress-free vacation now has a host of health programs to choose from, including: colonic cleansing, weight loss, fasting and detoxification.

To complement these internal treatments, the skin can be given a full service too. *Face-packs, foot-packs, body-wraps,* and *steam baths* all help in revitalizing and cleansing.

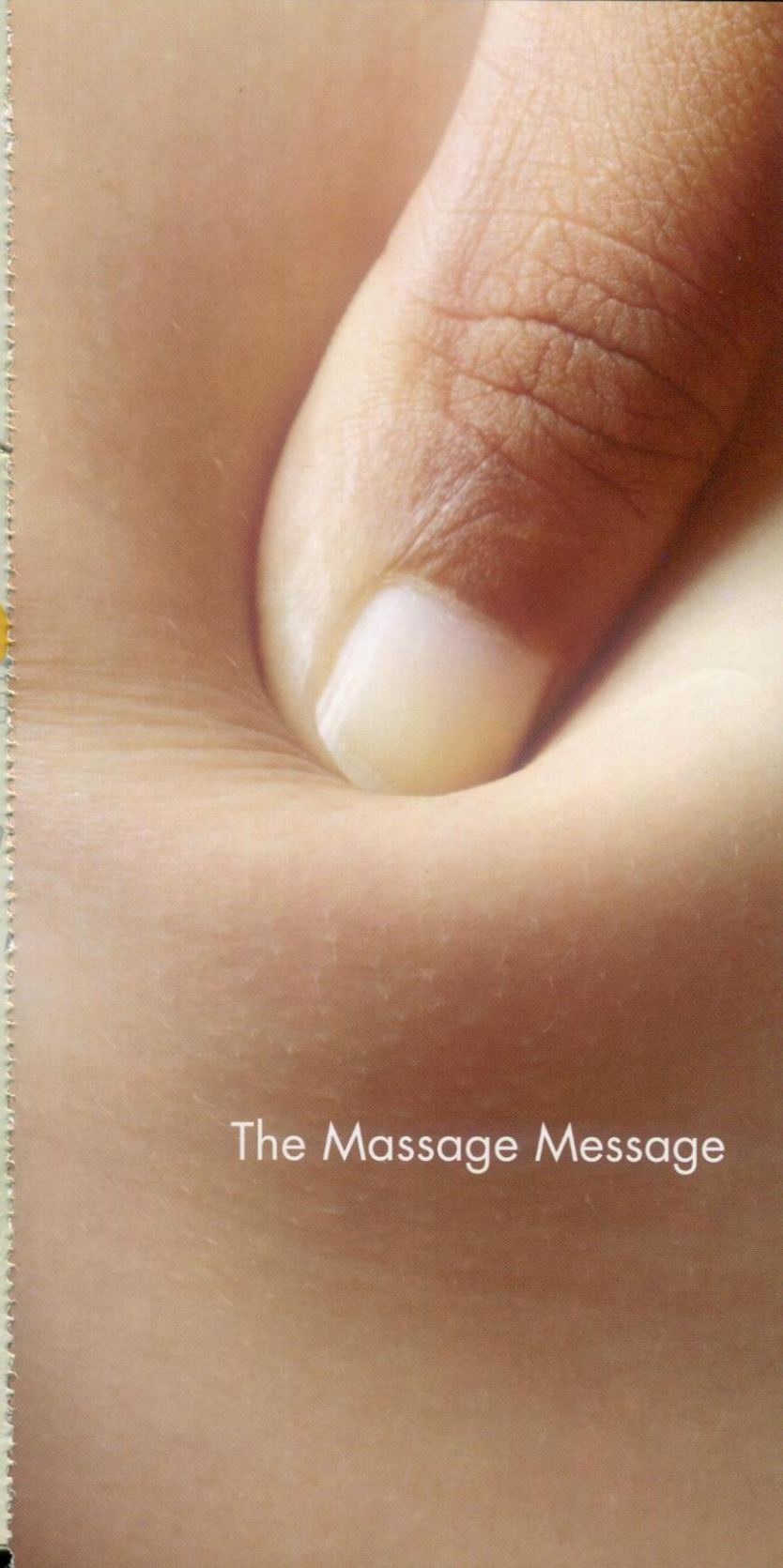
Traditional Thai massage, reflexology, yoga, tai-chi, aromatherapy and *acupuncture* are also available, helping relax the body and assisting in rectifying ailing bodily functions.

Spiritual awareness can also be refined through *meditation* classes.

In fact, so extensive are all these offerings that Samui is fast becoming known as the health centre of the region.






The Massage Message



Unfortunately, the words 'Thai Massage' conjure up all sorts of connotations – not all without some basis in fact. Samui does have its share of parlours whose services rendered may sometimes go beyond the therapeutic. However, these are in the minority and there are many reputable individuals and companies offering a 'bona fide' traditional Thai massage. To visit Thailand and not experience the benefits of this ancient art would be regrettable.

The Thais have been practicing their own particular brand of massage for centuries. In fact, it is understood by historians to have been introduced into Thailand from India, concurrently with Buddhism, between 300 – 200 BC.

"...these centres are understood to receive cosmic energy, which is then spread throughout the system."

It isn't just a muscle manipulation, like the popular Swedish massage. The basis of the Thai practice is a belief in an invisible grid system of energy lines linking 10 central points on the human body. These centres are understood to receive cosmic energy, which is then spread throughout the system. A good Thai massage will help remove any blockages in this system and also to maintain the free flow of energy in an already healthy body.

The best practitioners of the art will place themselves in a mental state akin to meditation before proceeding. This is similar to the Western approach to spiritual healing, and it produces similar results.

If the masseur/masseuse is a master of his/her craft, the experience should be an extremely pleasant one. It will also leave you with a feeling of well-being and rejuvenation.

The price of a Thai massage is incredibly low compared to Western rates, and it's worth trying out several practitioners. A beach massage can be an enjoyable respite from sunbathing for an hour, as can the air-conditioned massage offered by the many parlours dotted around the island. But, without a doubt, the best way to savour the experience totally is to go to one of the specialist centres/spas. Here, sauna, shower and a whole host of other body pampering services are usually available to complement the massage.





What is Chi Kung?

You've probably heard of *Chi Kung*. But do you know what it's all about? We've all seen images of countless Chinese factory workers waving their arms around before work each day. And those of nimble octogenarians limbering up with smiling contented faces. But is this a practice exclusively for softies? Or has it got something to offer the more active amongst us? Those requiring some fun from their pastimes?



The original form of Chi Kung goes so far back into pre-history, that it can't be dated with any accuracy. But it's been practiced by the *Chinese* for thousands of years. Like all of the Eastern arts (such as *Thai massage, acupuncture* and *meditation*), the physical aspect of Chi Kung is partnered by the development of the mind and spirit. It, too, works *(kung)* with the free-flow of energy *(chi)* between the inner channels into the various centres *(dan t'iens)* of your body. But unlike the other therapeutic practices, Chi Kung doesn't rely on external forces (i.e. needles or manipulation) to free blockages of this energy.

That's all done by positioning and moving the body according to specially choreographed routines. This is where having the instruction of an expert comes in. There are countless books on the subject, but they cannot compare with having a personal tutor to guide you through every step – with a brief explanation as to why, at the same time.

"...and uncannily – it actually *does* leave you with a definite feeling of inner peace!"

Although most able-bodied people of any age benefit from Chi Kung, it's not as simple as you may imagine! But then again, it's not difficult to begin either. This paradox soon becomes clear. The basic stance involves planting your legs in a knees-bent, stable but fluid position, allowing your torso to rotate – balance being of the essence. Holding a set position for longer amounts of time takes strength, and the more you practice – as with anything – the more adept you become.

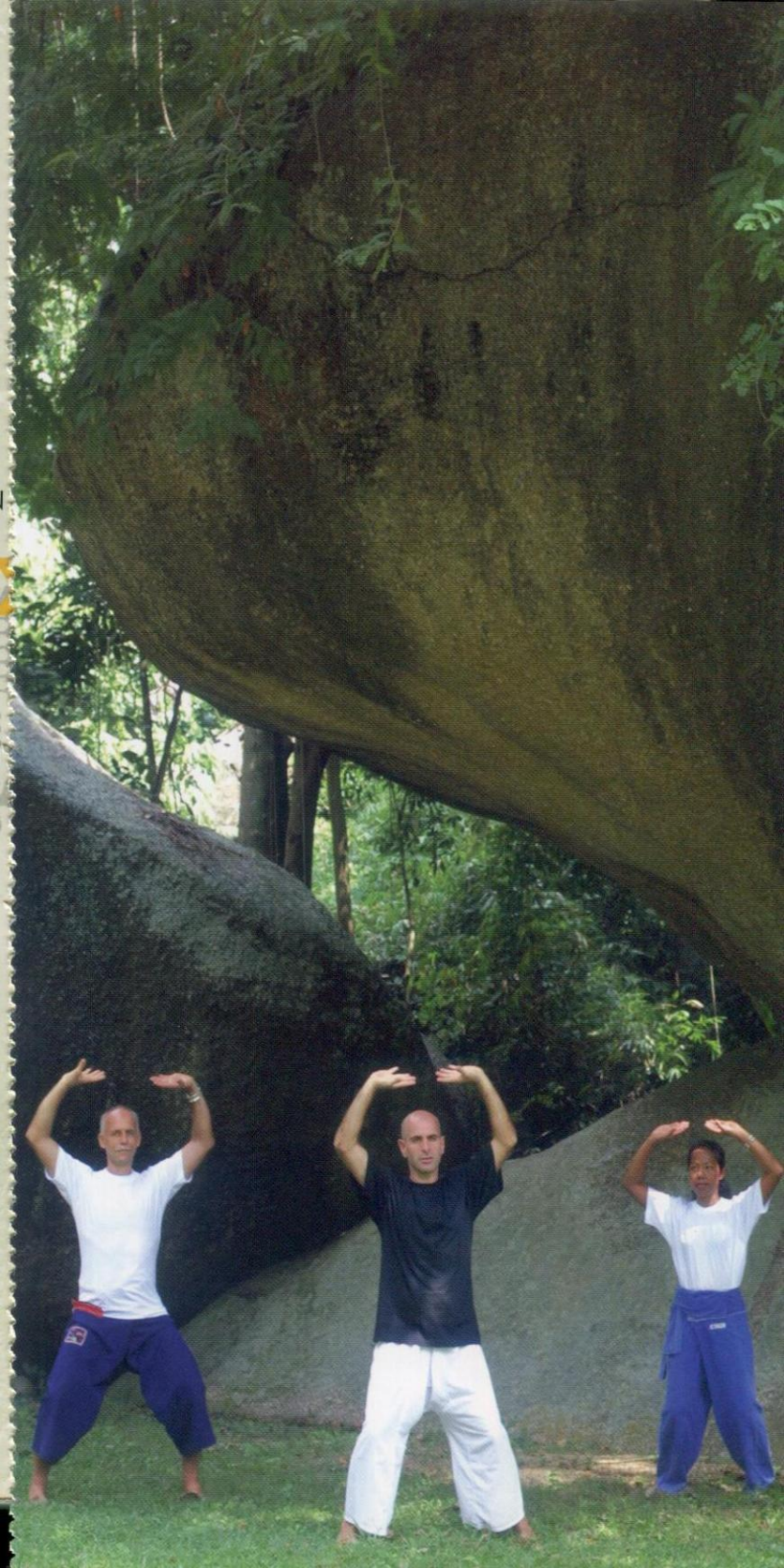
The traditional routines, that are taught, involve moving and turning your limbs, which have the effect of opening and closing the joints. The benefits of doing this are numerous. It exercises every muscle and joint in your body, it helps you adopt an upright posture (no slouching anymore!), and uncannily – it actually *does* leave you with a definite feeling of inner peace! Not only that, but you're left with an inner vitality too – the result of harnessing your natural energy and creating even more chi.

So, is Chi Kung a domain for the weak and the elderly? Not at all. Although if you don't give it a try – that's what you might become!

Samui has several resident Chi Kung (and *Tai Chi* – the more choreographed and poetic version) instructors who give classes at some of the island's health centres. Not only is it fun trying out this unique activity in Samui's tropical environment, but the low cost of lessons here make it a great place to learn the basics.



Photographs courtesy of Tamarind Retreat.



Spa Cuisine

You are what you eat! So they say. But what does that make *you*, if you only eat junk food?

It's all very well claiming that you eat freshly-cooked meat and vegetables. But how is it cooked? Eating fried food, however recently it was picked, dug up, caught or slaughtered, isn't exactly the healthiest way of dining. Especially if was exposed to chemicals while it was growing, or being reared.

And in these days, when taking care of the outside of your body with innumerable spa treatments is so popular, doesn't it make sense to think more seriously about what goes in? Many people are beginning to think so. And that's why there's an ever-increasing demand for *Spa Cuisine*.

Spa cuisine is all about selecting the freshest, organic fruits & vegetables available, and using them in enhancing the flavours of a meal's other ingredients. Ingredients such as ocean-fresh fish & free-range poultry.

And a myth that needs dispelling quickly, is that *'all fats and oils are bad'*. Certain fats are essential to your body, and it's the quality and the quantity of these fats that should be considered. Spa Cuisine Chefs don't cook with oils, but do reduce your saturated fat intake by only using trimmed, lean meat. They design meals that supply you with the essential fatty acids found in fish, vegetables, grains and pulses.

As you've probably guessed, it's a unique culinary art too. You won't find every chef, however skilled and experienced, capable of preparing spa cuisine. When the Spa Cuisine Chef adds herbs, he'll be thinking about their medicinal properties too, not just their flavour! Ginger doesn't only perk up the taste buds – it also aids digestion. And lemongrass lends more to a meal than just its citrus tang. While you're eating a dish with this plant as an ingredient, your breathing tracts are being cleared too.

Several restaurants around Samui are already offering Spa Cuisine as an option on their menus. And if the current demand for it continues, it won't be long before every restaurant will have to!

Here's a Spa Cuisine recipe, courtesy of *Hunter Reynolds*, Samui's foremost Spa Cuisine Chef.

Banana Flower Salad with Chicken

Serves: 2 Calories: 190 Fat: 5.3 gm.

220 gm. skinless chicken breast
2 cups banana flower - finely shredded
1 tbs. shredded coconut - roasted
2 tsp. chopped almonds - roasted
2 shallots - sliced
2 chilli - chopped (or to taste)
2 spring onions
1 tbs. fish sauce (light soy if vegetarian)
1 tbs. lime juice
1 tsp. honey

In a bowl, combine coconut, chopped almonds, sliced shallot, sliced green onion, chopped chilli, fish sauce, lime-juice and honey. Add shredded banana flower, and mix well. Arrange the salad in the centre of the plate, giving the dish height.

Place a non-stick pan over the flame and allow to heat well, place the chicken breasts in the pan and cook until brown colour and then turn and repeat on the other side. Once the chicken is cooked, place on a board and slice into thin slices and arrange in front of the salad. Then, garnish with some coriander and sliced chilli and serve.





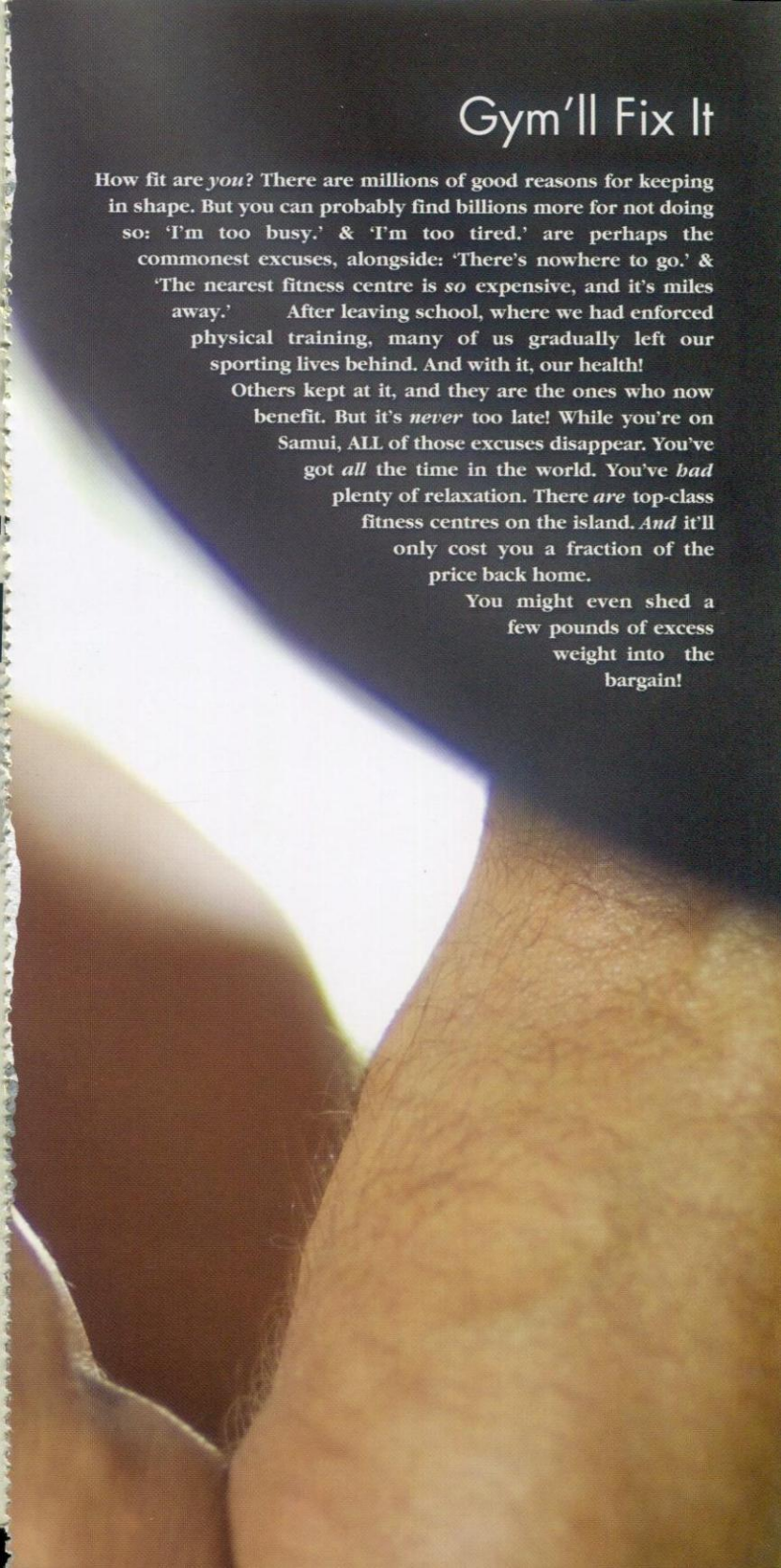
Photograph courtesy of Neptune Club.

Gym'll Fix It

How fit are *you*? There are millions of good reasons for keeping in shape. But you can probably find billions more for not doing so: 'I'm too busy.' & 'I'm too tired.' are perhaps the commonest excuses, alongside: 'There's nowhere to go.' & 'The nearest fitness centre is *so* expensive, and it's miles away.' After leaving school, where we had enforced physical training, many of us gradually left our sporting lives behind. And with it, our health!

Others kept at it, and they are the ones who now benefit. But it's *never* too late! While you're on Samui, ALL of those excuses disappear. You've got *all* the time in the world. You've *had* plenty of relaxation. There *are* top-class fitness centres on the island. *And* it'll only cost you a fraction of the price back home.

You might even shed a few pounds of excess weight into the bargain!






Reflexology is
Afoot on Samui



Photograph courtesy of Eranda Spa.

Not all foot massage is reflexology. Although it can be a very soothing experience, and help the general free-flow of your body energy, a foot massage is – just that! True reflexology includes (dry) massage, but it's the application of pressure onto particular areas of the sole of the foot, which makes it a specialised treatment. The manipulation of each specific area causes a reflex action in another part of the body – thus the name.

"The manipulation of each specific area causes a reflex action in another part of the body – thus the name."

The Chinese and the Egyptians' superb documentation techniques confirm that foot and hand massage therapies aren't a new discovery. They've actually been helping mankind for at least 4,500 years. During this time, practitioners have meticulously mapped out the exact locations of all the body-part's corresponding zones on the foot. Modern-day reflexologists can now go straight to a particular section of the sole, apply pressure to it, and relieve pain elsewhere in the body.

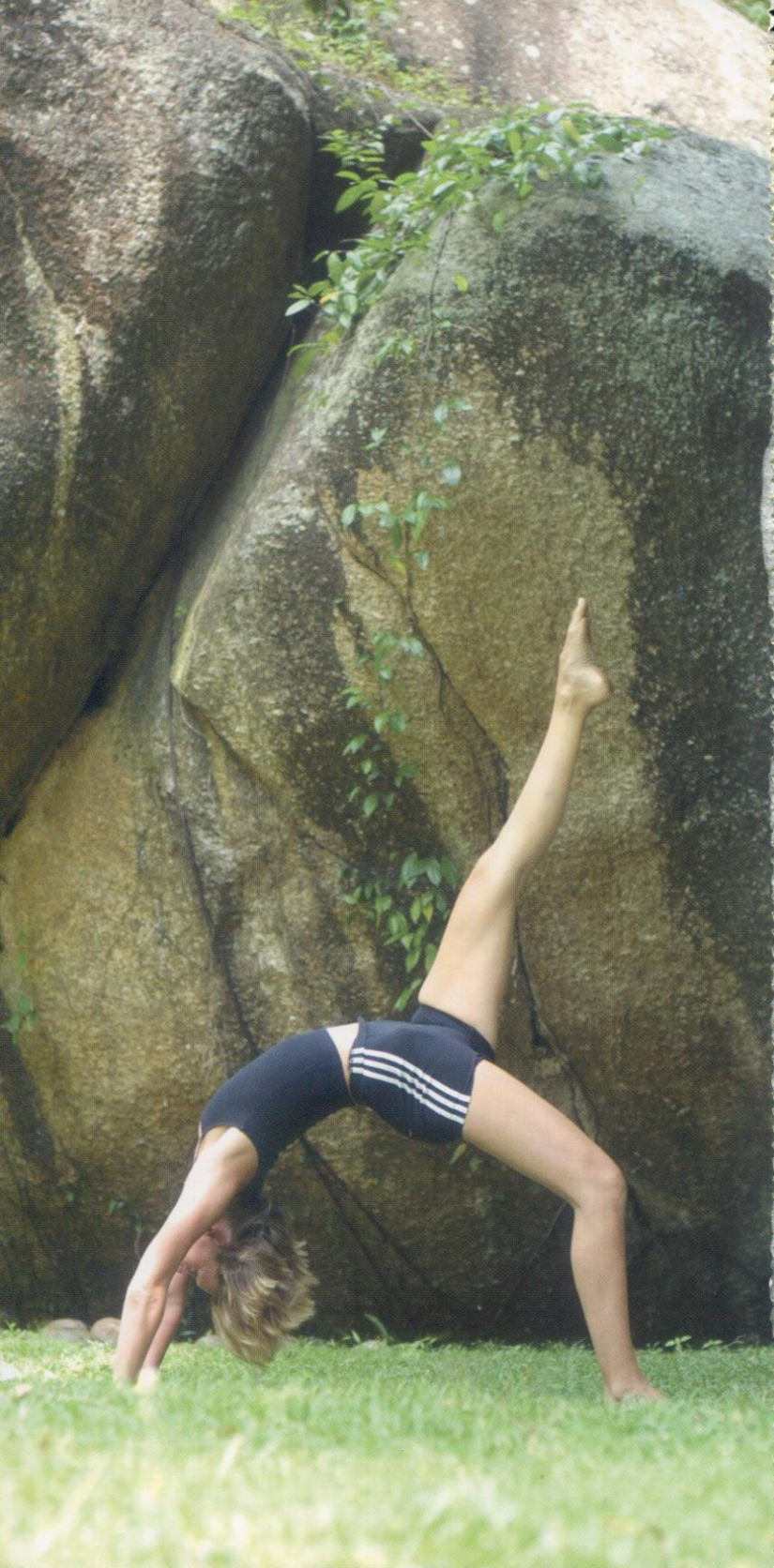
All kinds of ailments and afflictions ranging from insomnia to indigestion, benefit from the use of reflexology. And the added bonus is that there are no side-effects! Pressure on the tip of the big toe will help relieve pain in the sinuses. Attention to the big toe's second joint will ease neck-ache, and so on.

Treatments vary in length and intensity according to the nature of the problem and the physical condition of the patient. Experienced practitioners usually give the elderly, the young and the very sick shorter sessions with less pressure applied, than those for the sturdier clients.

The similarities of reflexology and acupuncture are numerous. Both help maintain a good circulation of vital body-energy. Each offers painless remedies to health problems – without the need of resorting to surgery. And, most curiously, both treat a section of the body away from the part being touched!

Reflexologists regularly offer their services on Samui at one or more of the island's health centres/retreats, so do try and experience this ancient art while you're here.





Yoga and Relaxation

Yoga is one of the best ways of re-establishing your natural balance. And it does this by bringing your body, mind and spirit back into harmony. At the physical level, the practice of postures (asanas) strengthens the body and, over time, creates a feeling of well-being. Psychologically, Yoga focuses your thoughts and steadies emotions. The practice of breathing correctly further calms the mind. Spiritually it helps you bring awareness to all your activities, and with that, the ability to be still.

Simple as ABC? Well, not exactly. It's not for nothing that Yoga is called a discipline and the key word here is practice. Practice should be systematic, which means on a regular schedule and starting with simple postures, progressing in each asana as you get stronger. Also, practice should be cumulative – as you learn one set of exercises you can move on to another. Your practice should always focus on alignment. And, as with many arts, the right teacher is essential. Yoga is a powerful discipline, and it's easy to go beyond your limits if you don't have the proper approach, or if you attempt asanas that are too advanced. Many of us are too focused on the fruit of the actions instead of on the process, and either get impatient with the results we think we should be achieving, or worse still, end up hurting ourselves.

We have all seen pictures of the incredible asanas that some yogi or yogini can achieve – and we have wondered at their physical genius. And once you attend a class, you may find that the teacher or another student is able to practice an advanced asana with ease, while you cannot even touch your toes. But the key here is not to compare yourself with others. Just watch your own progress and marvel at how much further you can stretch yourself today than you could yesterday, and how much stronger you have become since last week. Eventually your practice will have more profound effects as you move through your body, increasing its strength and flexibility. So just enjoy yourself and be encouraged by the changes you'll observe in your body and mind.

A Yoga class is often completed with a posture known as Savasana (pronounced shavasana). Here, you lie as still as a corpse, and the relaxation is enhanced by the intensity of the practice that preceded it. Having a teacher to lead you through a guided relaxation is also essential for beginners. Savasana is considered a separate art from yoga itself, and once mastered, this quietness can be drawn upon at will, like refreshing water from a deep, cool well.



By Shelley Poplak
Tamarind Retreat



Alternatively Speaking

Are Fruit and Vegetables Enough?

Speak to most people about vitamins and minerals, and they'll immediately conjure up an image of a bottle of tablets! Believe it or not, you can find these dietary essentials in other forms too. Without going near any meat.

If you live in a city, there's a high chance that the food you buy isn't 100% fresh. Much of its nutritional value will have disappeared before you even cook it. If that's the case for you, then vitamin and mineral supplements are essential to your diet. While you're here on Samui though, there's no excuse for unhealthy eating, and no need to keep popping pills! All of the best restaurants have the freshest of fruit & vegetables (plus fish and meats). And you'll find they usually freshly squeeze the fruit for drinks too.

Although there are only a few restaurants that actually specialise in vegetarian food, most have a section of their menu dedicated to non-meat eaters.

But, why go vegetarian? Well, apart from the obvious moral issues regarding the creatures eaten, a commonly-held theory argues that the consumption of animal flesh isn't part of a human being's design. Everything – from the shape of our teeth, to the length of our colons – heavily suggests that we have closer similarities to the planet's herbivores, than to its carnivores.

"...but while you're here on Samui though, there's no excuse for unhealthy eating!"

The connection between man's longevity and meat eating, has some extreme examples. Races such as the *Eskimos, Greenlanders* and *Laplanders* (whose diets are predominantly meat) have an average life-expectancy of 40 years. Conversely, tribes in the *North of India* and *Pakistan* (who eat whole grains, fresh fruit, vegetables and goat's milk) often live on well into their 100's. It's also pointed out that there's a strong link between heart disease and those who have a high cholesterol-level, due to fatty meat eating.

The old belief that meat is the only source of protein is no longer valid. For many years now, scientists have known that a balanced vegetarian diet satisfies all of the body's nutritional requirements.

So, while you're here, make a break from your usual meaty favourites one night, and try a vegetarian dish. It might pleasantly surprise you. Things are a lot tastier now than the *'rabbit food'* offered to vegetarians a few years ago!





Ayurvedic Medicine

It's known as '*The Science of Life, Illness Prevention and Longevity*'. But have you ever heard of *Ayurvedic Medicine*? You'd be forgiven for not knowing anything about it, for until about ten years ago practically no one else in the western world had either! Since then, public figures and physicians such as *Dr. Deepak Chopra*, *Dr. Vasant Lad* and *Dr. Robert Svoboda* have brought the science to our attention, where now, it's even recognized by the *World Health Organization* as an effective, traditional health treatment.

And it's not a young science by any means. Ayurvedic Medicine's widely believed to have originated in India about five thousand years ago, making it the world's oldest holistic healing science! Even today, it's still in daily use alongside western medicine in India's hospitals, clinics, and private practices, both in remote villages and inner cities.

So it's not to be taken as a lightweight, esoteric science. The training in India includes a comprehensive study of anatomy, physiology, pathology, diagnostic systems and treatment strategies. And students there must undergo a lengthy 5-year post-graduate degree (*Bachelor of Ayurvedic Medicine and Surgery*) before eventually emerging as a qualified Ayurvedic physician.

But what's it all about? Well, it's based upon the concept that we are all different. What may be medicinal for one person may be detrimental to another. And that although there are as many unique constitutions as there are human beings, we all fall into one of three main types. These categories (or *doshas*) are *Vata*, *Pitta*, and *Kapha* respectively – roughly translated as *Air*, *Fire*, and *Water/Earth*.

"...and this soothing caress of your 'third eye' has a reflex-balancing effect on your brain."

The word dosha literally means *'fault'*. Vata, Pitta and Kapha are positive forces in your body but they are also faults, because they are liable to change. They can increase or decrease to unhealthy levels when they are out of balance, leaving you susceptible to disease. But there are ways to bring an imbalanced dosha back into balance through diet, lifestyle and herbal supplements. And this is where Ayurvedic medicine comes in!

One of the most popular Ayurvedic treatments is called *Shirodhara*. This involves you laying down on your back, as a continuous stream of warm oil is poured onto the middle of your forehead. The soothing caress of your *'third eye'* has a reflex-balancing effect on your brain, and improves the health of many patients suffering from a wide variety of disorders, ranging from sinusitis through to epilepsy. An added bonus is that it also helps strengthen your *'ojas'* – the essence of vitality, virility, fertility and longevity!

Several of our recommended spas offer Ayurvedic treatments (see sample menus), and a visit to them will introduce you to this exciting, and painless, natural medicine. You'll leave with a greater understanding of your own body's needs, and how to treat it!







Reiki

Another popular health therapy that we've all heard of, but few actually know anything about, is *Reiki*. That's 'ray-key'. And it literally translates as *'spiritual wisdom of the life force'*.

Sounds a bit new-age doesn't it? But that couldn't be further from the truth! Reiki's been around for a long time. A very long time! Over 2,500 years in fact, and probably a lot longer. Its roots can be traced back to Tibet and India, like so many other traditional health procedures, and it has strong links with Hinduism. Reiki was thriving during Buddha's lifetime, and was later used as a tool for healing the minds and spirits of monks seeking enlightenment.

It's a technique for stress reduction, relaxation and healing, accessed by tapping into the unlimited supply of *'life-force energy'*. It can be used on everybody from yourself, family and friends, through to your pets, and even your plants! Which means that it's not based on any belief system. And it doesn't rely on a particular skill from the practitioner either, for the spiritual wisdom guides itself.

"...and it's not only your body that feels good!"

It is a form of spiritual healing, whereby the life-force energy is transferred to the recipient via the therapist's hands. If their hands aren't laid directly onto your body, they're placed just above, within your auric field.

Receiving a Reiki treatment is a great experience. It feels like there's a glowing radiance flowing through and around you. And it's not only your body that feels good. Reiki treats the *'whole person'* including your emotions, mind and spirit too. It leaves you relaxed, secure, at peace with the world, and gives you a general sense of well-being. And in addition to these normal reactions, there have been many reported cases of miraculous results too!

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. And the good news is that several of our recommended spas/health centres offer Reiki as one of their health treatments!



Fast - Recovery

Everyone's aware that there are millions of ways of cleansing and detoxifying your body. Reasonable diets, light exercise, correct breathing, massage, meditation, saunas, steam baths, skin brushing, body scrubs, and oxygen therapies are all effective. But do you realise that the quickest and most effective method is by going without food for a while?

Fasting is the quickest way to deal with most illnesses. In fact, children and animals fast automatically when they are sick, for it serves as a trigger for activating their own self-healing mechanism. Whenever your digestive system rests, the cells of your body automatically start releasing accumulated toxins. A 3-day fast cleanses your entire digestive tract. And, incredibly, a 7-day fast performs a major purification of your blood system, which gives your major organs a good clean-up too!

Although most people fast as part of a detoxification program, there are other reasons for abstaining from tucking in. For example:

1) For relieving digestive problems, losing weight, and overcoming addictions.

2) For releasing emotions, such as anger, grief, worry, and fears – before they accumulate and cause disease.

3) For aiding mental clarity: fasting increases memory, concentration, creativity and insight.

4) For spiritual evolution: fasting apparently creates a deep consciousness shift by re-programming the cells of the body to be capable of receiving and sustaining higher vibrations of light/chi/prana. (For Jesus, Mohamed, Moses, Buddha and many others, fasting was an essential part of their evolution.)



The usual worry, "If I don't eat, I'll feel hungry", is accurate only when you miss 1 or 2 meals. However, after 36 hours of fasting, your stomach stops producing the digestive juices that induce hunger. Assuming you take an adequate amount of glucose (e.g. honey, fruit juices) every couple of hours, for keeping your blood-sugar level stable, and trace-elements for preventing dehydration, you can fast without any physical difficulties for up to 2 weeks. After that, some source of concentrated liquid/powdered protein and essential fatty acids, such as spirulina, green barley or wheat grass will sustain all your body functions for an even longer period of time.

Unfortunately, simple fasting is not enough these days. In the age we live in, most people have lost the physical capability to detoxify without help. For regaining a sufficient level of self-healing capability, your organs need to be supported so they can deal with the intense detoxification required.

"...and, incredibly, a 7-day fast performs a major purification of your blood system."

You'll need extra oxygen; you'll need your skin to breathe out toxins and breath in oxygen. And, most importantly, you'll need a reliable method of physically carrying away any toxins your body has released into your colon. This should be done as quickly as possible to prevent them being re-absorbed into your blood via your colon walls. The quickest and safest way is to do this is by colonic cleansing - the irrigation of your large intestine with water. This effectively flushes out all the accumulated toxins, which have accumulated during your lifetime.

Eventually, there is no need for any supportive tools to maintain health, because your body remembers its *'original state'*. However, if you're wanting to accelerate body-cleansing, the combination of fasting and colonic-cleansing becomes a powerful tool worth experimenting with.

So, while you're on Samui, if you can tear yourself away from the superb restaurants for a few days, why not go along to one of the recommended health-centres? They'll be more than happy, and able, to organise a safe fasting program best suited to you. Go from the fast lane into the FAST lane!





Essential Knowledge

An oil by any other name would smell as sweet – or would it? With all Samui's health centres/retreats extolling the virtues of essential oils in their massage and steam bath treatments – what, in fact, are *essential oils?*

Well, the essence of a natural, living substance is the undiluted matter which can be extracted from it. Essential oil is the resulting liquid. Herbs, fruit, flower-heads, petals, stalks, seeds, leaves, tree bark, gum, resin and nuts are the usual sources. The oil is liberated from its origin in various ways.

"...the Egyptians began using essential oils when mummifying their dead."

Distillation, maceration, crushing and pressing are the commonest and most effective methods of extraction. And have been since the earliest known use of essential oils, over 6,000 years ago. The *Chinese* are thought to have recognised their remarkable, medicinal qualities around 4,500 BC. Some time later, the *Egyptians* began using essential oils when mummifying their dead. The oil's natural anti-septic and anti-bacterial properties, which helped the process of preservation, were soon recognised and put to use on 'live' patients. The *Greeks* and the *Romans* widely used essential oils in their religious and political ceremonies – and more famously in their steam baths and massages!

Unfortunately, the fall of the Roman Empire (not solely because of their obsession for body-comforts) plunged Europe into the *'Essential Oil Dark Ages'*. They weren't rediscovered until 1000 AD, when rose essence was distilled in *Arabia*. Crusading Knights took the recovered information back to *Western Europe* in the 12th century.

During the following 500 years, the use of essential oil for its powerful aroma became widely popular. Regular bathing then was unheard of – even for royalty – but perfumed oils managed to disguise most foul body odours! And there, it was even used in an attempt to combat the Bubonic Plague – with a fair amount of success.

"...and it's no longer the exclusive domain of mystics and followers of new-age fashion!"

Since those distant days, a lot has been learnt about the individual properties of each particular oil. Aromatherapy, as a holistic medical practice, has been with us since 1928 and was particularly effective in the treatment of soldiers during the second world war. Scientists are continuing to understand the physiological reasons behind its success.

The use of essential oils in massages, steam baths and aromatherapy in general, is now widespread. It's no longer the exclusive domain of mystics and followers of new-age fashion.

Thailand produce many essential oils from their diverse range of vegetation. These are amongst the most popular:

Wild Mint – a natural coolant for the skin.

Magrut – a small lime which is great for hair-care.

Ylang-Yling – a stress-relieving oil, used in herbal-saunas.

Lemongrass – this popular cooking additive can also aid clear breathing.

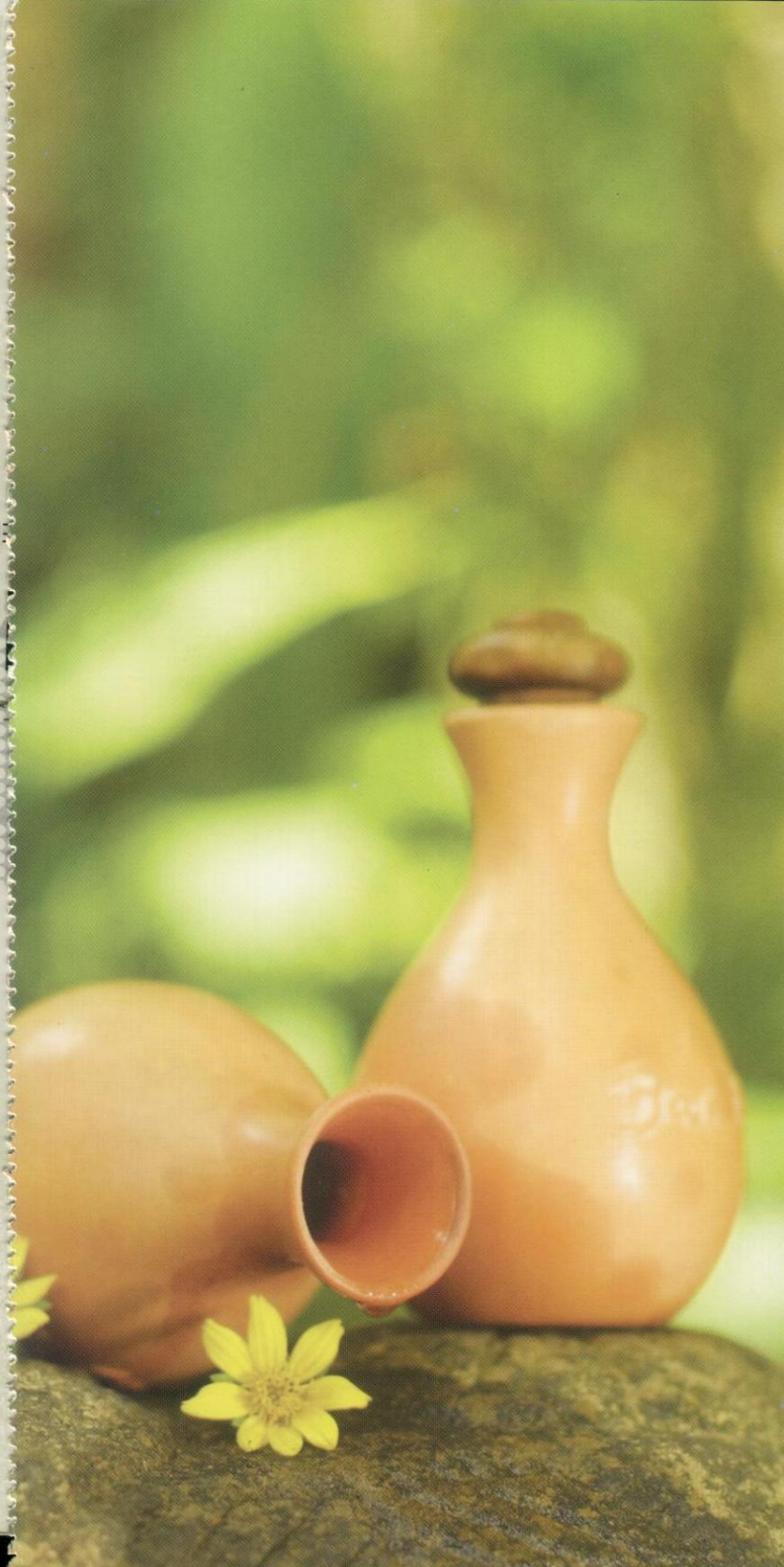
Nutmeg – helps relieve muscle aches and pains.

Prai – a type of ginger, an anti-septic which doubles-up as a skin-beautifier.

Khamin – also a ginger, it's a natural toner and cleanser.

These, and other imported essential oils, are all used locally in Samui's ever-increasing health industry.








Natural
Spa Ingredients



Aloe Vera

The jellylike substance within the spiky exterior is renowned for its healing properties. It soothes skin irritations caused by insect bites and sunburn, and helps remove skin blemishes. And although the outer-skin is harmless to touch, it's poisonous when consumed.

Coconut

Ubiquitous in Samui, the humble coconut has several uses in the health industry, adding to the countless other ways it provides for the community. Many sun lotions are coconut based, and while the thick white milk is used as a hair shampoo, the oil from mature fruits can be massaged into the hair giving it a healthy shine.





Cucumber

One of the beauty industry's favourite fruits, the cucumber is used predominantly for its cooling and revitalising properties. Great for treating oily skin, as it tightens the pores whilst moisturizing. Cucumber is another popular spa ingredient used for relieving sunburn.

Ginger

As a food additive, ginger provides more than just a distinctive flavour. It aids digestion and is prescribed extensively as a remedy for stomach and menstrual pains. Externally, it's used for soothing aching muscles and for helping increase blood circulation.





Lemongrass

Again, a firm favourite cooking ingredient with Asian chefs, this common plant has medicinal abilities too. When consumed, it helps speed up a slow digestive system. And when used as an aromatic oil, lemongrass exudes a strong, lemony fragrance, which is excellent for clearing breathing tracts.



Lime

Used in Thailand and other parts of south-east Asia as a replacement for the non-available lemon, lime is used in food, medicine and many beauty treatments. Its high vitamin C content, and astringency work as a natural blood purifier.



Mint

Grown everywhere in the world, mint is best known for its taste. From tea to chewing gum, varieties of the plant have innumerable uses, and its antiseptic and antibacterial qualities make it a useful aid in purifying the blood too.



Pandanus Leaf

A common plant, found in many Thai gardens, the pandanus is an ingredient used in many oils and skin-care products. This is due more to its sweet and earthy aroma than to its medicinal qualities. It, too, can also be used as a tea.



Papaya

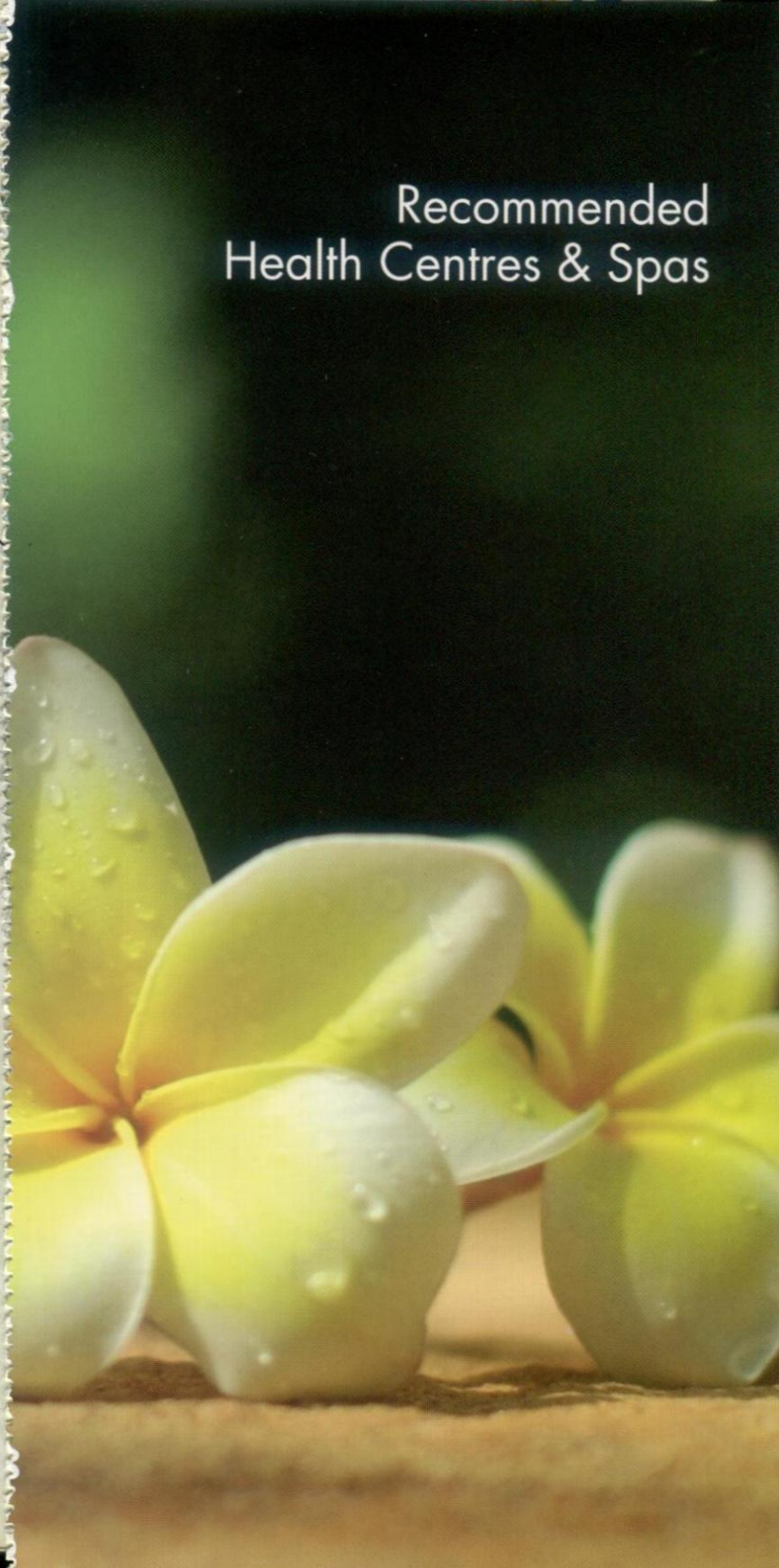
One of the fastest growing plants in the world, the papaya is packed with vitamins - notably A and C - which help ease stomach complaints. Although the seeds can be harmful when ingested or rubbed on the skin, the flesh produces natural skin-exfoliating enzymes making it an ideal choice for helping to remove age-lines, especially around the eyes.



Turmeric

Its powerful astringent and cleansing properties made turmeric a popular root in ancient times. And Turmeric is still widely used today in many herbal tonics and body-scrubs.





Recommended Health Centres & Spas





Ban Sabai Spa

Classical Thai Massage ~ 120 min.
An ancient traditional art of applying pressure onto specific points of your body, and manipulating muscles. The sense of well-being this gives, as energy and flexibility are brought back into your body, is extraordinary.

Aroma Oil Massage ~ 120 min.
A blend of classical Thai massage, a sensual experience with herbal oils smoothly massaged onto your body.

Herbal Steam Massage ~ 120 min.
A variation of a classical Thai massage, with an herbal steam pack, containing over 15 different ingredients, gently pressed onto your body.

Facial Massage ~ 60 min.
The traditional way of purifying and nourishing your face using natural products, such as our herbal cream cleaner, and honey from the North of Thailand – as well as root masks.

Body Masque / Wrap ~ 90 min.
The relaxing way to re-energize your skin and relax your body and soul. Choose from a selection of various packages.

Body Scrub ~ 60 min.
A gentle and relaxing way to remove old dead skin from your body, followed with Aloe Vera moisturizer cream.

Aroma Therapy ~ 60 min.
A meditative – relaxing way of massaging aroma oils onto your body. Ideal for jet-leg and for stressed bodies.

Body Wax, arm/leg or back ~ 40 min.
Relaxing and smooth treatment to remove female body-hair.

Jacuzzi
Relax and refresh in the bubbling water as you experience the unique surroundings of our tropical beach garden.

Foot Massage ~ 60 min.
A treat for one of the body's most important parts. After the pressure point massage, herbal foot masque and herbal oil, you'll be back to full speed again.

Neck & Shoulder Massage ~ 60 min.
More and more people have a stressed neck and shoulders caused by their work. Our neck-shoulder treatment will relax the tension and help alleviate any pain.

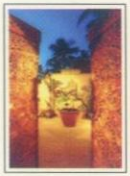
Aroma Floral, Herbal or Spicy Bath
This treatment is a very deep relaxing and meditative one. Suggested for everyone – especially for tired body or jet leg. Ideal in combination with other spa treatments, or simply on its own.

Herbal Steam Sauna
The natural way of relaxing your muscles and refreshing your skin and breathing channels. Can be enjoyed before or after a massage, or simply on its own.

Manicure / Pedicure
Clean nails, herbal hand / foot bath, cutting and filing, nail cream, lacquer.

Ban Sabai also offers various combination packages, which can be enjoyed either in the beachside salas or in one of the private treatment rooms with open-air bath and shower facilities. And for those wishing to completely immerse themselves in a total Thai spa experience, you can have your treatments in one of two authentic, wooden, Thai-style houses that can be secured for half-day, full-day and even overnight periods.

Ban Sabai
a Spa for Health & Well-being



Ban Sabai Spa - Samui
59 Moo 4, Bophut, Bangrak, Big Buddha Beach
Samui 84320, Thailand.

Tel: 0 7724 5175, 0 7742 7444 Fax: 0 7724 5176



Ban Sabai Spa Village - Chiang Mai
San Pee Sua, Moo 9
Chiang Mai 50300, Thailand.

Tel: 0 5385 4778-9 Fax: 0 5385 4775



Ban Sabai Spa - Chiang Mai
17/7 Chalern Prathet Road, Near Night Bazaar
Chiang Mai 50100, Thailand.

Tel: 0 5328 5204-6 Fax: 0 5327 0468

email: info@ban-sabai.com www.ban-sabai.com



Ban Sabai Spa

Although Ban Sabai Spa isn't Samui's only spa with a seaside location, it's the only one that really encapsulates the island's unspoilt, tropical beach environment.

This unique 'health & wellness' centre is found on the western end of *Big Buddha Beach* – one of Samui's most picturesque. And even from the road itself, it's visually attractive, with its huge, ornately-carved entrance gate creating an impressive façade. But it's once you enter the grounds themselves that the sheer beauty of the place becomes apparent.

From the moment you pass through the gateway, you feel like you've entered a secret garden. Aromatic tropical plants springing up from everywhere; carp-filled lily-ponds spanned by sandstone bridges; terra-cotta Buddha images placed here and there; traditional Thai-style salas and houses dotted around, and the ever-present sound of the surf – just metres away.

And even as you're welcomed, and seated with a cup of ginger tea looking through the extensive list of services, you become aware of the myriad of small touches that add to the magic of Ban Sabai Spa: the sounds of wind-chimes, barely audible, drifting through the air; jossticks and sweet-smelling oil burners exuding exotic, oriental aromas; and a wealth of antique art and artifacts that's literally everywhere.

Just about every pampering or therapeutic service is available. From traditional Thai massages through to complete full-day packages with steam baths, Jacuzzis, facials, body-wraps and aromatherapy oil massages, it's all here. And you get to choose where many of the services take place. There are private, open-air, beachside salas for many of the massage and oil treatments; cool stone rooms for the body-wraps; and there are also 2 splendid Thai houses that can be secured for a half-day, a full-day or even overnight periods.

Each of these fabulous old homes comes complete with beds, bathroom, seaview balcony, and just about everything else you might need for a totally private day of decadence. *Total* indulgence!

(Ban Sabai Spa blends all of its aroma oils and shampoos on the premises, for use in its spas both here and in *Chiang Mai, North Thailand,* where they also offer residential spa packages.)



For a sample list of some of the services offered, please lift the butterfly.







Packages For Her

Earthly Pleasures
Indulge the Senses. An 'Aromatherapy Full Body Massage' followed by an 'Aromatherapy Facial Treatment' will leave you centred and relaxed.

Packages for Him

Sea of Senses
This treatment package will leave you feeling great and improve your skin's appearance. A 'Fitness Facial' is followed by a 'Swedish Massage' that will ease away tension and stress.

Packages for Couples

Centara Celebration
Indulge the senses. An 'Aromatherapy Full Body Massage' followed by an Aromatherapy Facial Treatment' will leave you both feeling centred and relaxed.

Massages

Aromatherapy Massage
Integrated massage techniques are used with your choice of essential oil blends, to leave you feeling balanced and rejuvenated.

Thai Honey and Orange Juice Massage
A natural massage treatment featuring Thai honey and fresh natural orange juice to relieve muscle tension, promote circulation and to soften your skin.

Swedish Massage
Traditional Swedish techniques are used to relax tense muscles, increase circulation and induce a state of total relaxation.

Facials

Aromatherapy Facial
A perfect introduction to facial treatments and aromatherapy. Pure botanical skin care products are used with a combination with a gentle massage to the face, neck and shoulders. This treatment is guaranteed to balance, relax and restore a healthy glow to your skin.

Body Care

Hot Oil and Papaya Body Wrap
A relaxing treatment with papaya and warm aromatic oils. This exotic mix is massaged into the skin which is then wrapped in a warm thermal blanket to further increase absorption of the oils. After showering, your skin will look and feel velvety soft, smooth and deeply hydrated.

Centara Spa



Centara Spa
Central Samui Beach Resort
38/2 Moo 3, Bophut, Chaweng Beach,
Koh Samui, 84310, Thailand

Tel: (66) 0 7723 0500
Fax: (66) 0 7742 2385

email: censamui@samart.com
Website: www.centralhotelsresorts.com



Centara Spa
Central Samui Village
111 Moo 2, Tambon Maret, Natien Beach,
Koh Samui, 84310, Thailand

Tel: (66) 0 7742 4020
Fax: (66) 0 7742 4022

email: csvsamui@samart.com
Website: www.centralhotelsresorts.com



Centara Spa

You've got every right to expect 5-star spa facilities in a 5-star resort spa. And at Centara Spa you won't be disappointed. Doubly so – for there're two of them!

One is at the *Central Group's* flagship hotel in popular Chaweng – the *Central Samui Beach Resort*, while the other, is at *Central Samui Village* on Natien Beach in the quiet, unspoilt south of the island, next to *Samui Butterfly Garden*.

They each have their own unique character, as you might expect. But the main difference, apart from location, is that the Chaweng spa is an experience in air-conditioned luxury, while the Village spa has the natural tropical splendour of cooling sea-breezes.

And it's here that differences end, and similarities begin. For the list of services offered is identical – and so is the style in which they are delivered. Consistency is a byword with Central, so that's what you get!

Every customer is given the same special treatment from the minute they arrive at the spa's reception. A fresh tamarind juice is swiftly served, alongside an aromatic cold flannel and the menu of treatments. And then it's decision time.

The choice of service is enormous. There are 15 various massages alone, including their special '*Hot Oil Aromatherapy Massage*', unique in Thailand to the Central Group's Centara Spas. Try it once, if you don't mind being addicted – you're sure to go back for more. Things don't get more sensuous than this!

Couples are especially welcomed, and are catered for with a selection of packages that help them share their spa experience. He enjoys a *fitness facial* while she gets pampered with a *Thai herbal body polish* and so on.

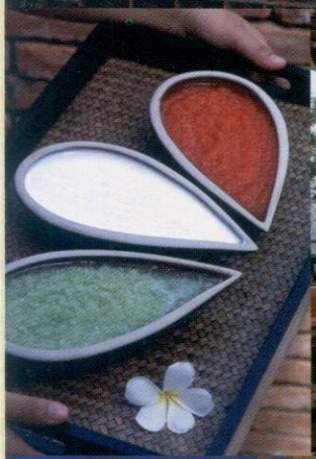
And as a nice touch of customer-relations, not only is there a happy hour (well two actually) every day from 10:00 – 12:00 am, but if you book your next treatment before you leave the current one, you also get a free 20-minute neck and shoulder massage included.

All in all, both Centara Spas provide excellent treatments by well-trained staff, with quality products in luxury surrounds.

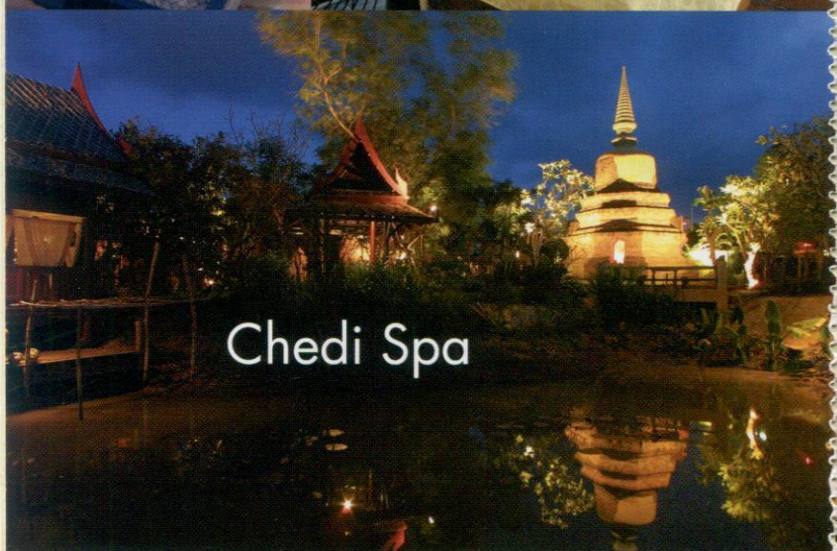
For a glimpse at some samples of Centara Spa's treatments, lift the butterfly below.











Chedi Spa

Taranee Package - 90 minutes

Coffee Body Scrub
Serenity Massage or Harmony Massage.

Umpika Package - 90 Minutes

Aroma Salt Scrub
Indonesian Massage or Senses Massage.

Tiwaree Package - 90 Minutes

Honey and Sesame Seed Scrub
Peace of Mind Massage.

Madawee Package - 3 Hours

A choice of body scrub

Aroma Salt Scrub, Coffee Body Scrub, Honey and Sesame Seed Scrub.

A choice of massage

Serenity Massage, Senses Massage, Peace of Mind Massage.

A choice of facial

Natural Thai Honey Facial, Yogurt Deep Cleansing Facial, Spirulina Nourishing Facial.

Iwara Package - 5 Hours

A choice of body wrap

White Clay and Aromatic Oil Body Wrap, Papaya and Carrot Body Wrap, Oatmeal Body Wrap.

A choice of massage

Serenity Massage, Harmony Massage, Indonesian Massage, Senses Massage.

A choice of facial

Natural Thai Honey Facial, Yogurt Deep Cleansing Facial, Spirulina Nourishing Facial.

Oriental Foot Massage

chedi
SPA



Chedi Spa
155/60 Moo 2, Chaweng Beach,
Bophut, Koh Samui,
Surat Thani 84320, Thailand.

Tel: (66) 0 7742 2787-88
Fax: (66) 0 7742 2790
email: info@chedispa.com
Website: www.chedispa.com

Open from 10:00 AM to 10:00 PM



Chedi Spa

It's in the centre of Chaweng. But you'd be forgiven for believing it was far and away on the central plains of Thailand. For although the entrance to Chedi Spa is just metres from Chaweng Beach Road (near Oriental Gallery), the minute you step inside the high stone walls, you enter another world. One of complete peace and tranquillity.

Chedi Spa has been created with total authenticity, down to the very last detail, of which there are many. A miniature rice-paddy here, a lotus-pond there, all surrounded by traditional, wooden, Ayuddhya-style pavilions, stone 'city' walls, and not forgetting the magnificent chedi structure itself.

But don't be mislead into thinking that because the style is centuries old, the treatments and service will be antiquated too. That would be a mistake. A big mistake! The service is decidedly 5-star, right from the minute you're greeted by smiling receptionists with a cool drink, through to the expert attention of the highly-trained masseuses. And the treatments themselves combine age-old skills with the most modern skin-care oils, creams, scrubs and other products available today.

The main pavilion near the entrance is a splendid 2-storey structure housing the reception area on the ground-floor and a large relaxation lounge upstairs. Again, details like traditional Thai murals here, and intricately carved wooden artifacts there continually add to the whole cultural experience.

A small stone pathway leads away from the main pavilion and on into the huge spa grounds, where the voyage of discovery continues. Through to the sumptuous changing area, where you can prepare for a steam bath, or a dip into the spacious plunge pool, with its waterfall cascading down from overhead.

The individual Thai pavilions that border the lotus-pond and rice-paddy serve as personal rooms, ensuring complete privacy while you lay back and enjoy your chosen treatment. And each has its very own open-roofed bathroom, adding to the authenticity of this traditional Thai experience.

The treatments offered are numerous. And with every conceivable massage available including both Thai and Indonesian versions, many therapeutic body-scrubs, body-wraps, facials, and some spectacular packages, Chedi Spa certainly provides the wide choice demanded by today's spa-informed public.



Just lift the butterfly for detailed samples from Chedi Spa's list of treatments.



Special Massage Packages

Art of Siam

Traditional Thai Massage - 120 minutes
Our highly-professional masseuses use special procedures to stimulate your blood circulation, freeing blockages of negative energy, and creating an overall feeling of well-being.

Herbal Steam & Plunge Pool - 30 minutes
Before or after your massage.

Secret of Asia

Oil Massage - 90 minutes
Combining the best of both Thai and occidental techniques, this full-body massage, with the oil of your choice, revitalizes your inner-strength while removing any pent-up tension.

Herbal Steam & Plunge Pool - 30 minutes
Before or after your massage.

Samui Sensations

Oil Massage - 90 minutes
Combining the best of both Thai and occidental techniques, this full-body massage, with the oil of your choice, revitalizes your inner-strength while removing any pent-up tension.

Face, Neck & Shoulders or Foot Massage - 60 minutes
Choose between treating your face, or neck & shoulders to a soothing massage with our special skin-nourishing creams, or having an ancient oriental foot massage. Either way, you'll be left feeling totally relaxed and rejuvenated.

Herbal Steam & Plunge Pool - 30 minutes
Before or after your massage.

The Eranda Experience

Traditional Thai Massage - 120 minutes
Our highly-professional masseuses use special procedures to stimulate your blood circulation, freeing blockages of negative energy, and creating an overall feeling of well-being.

Face, Neck & Shoulders or Foot Massage - 30 minutes
Choose between treating your face, or neck & shoulders to a soothing massage with our special skin-nourishing creams, or having an ancient oriental foot massage. Either way, you'll be left feeling totally relaxed and rejuvenated.

Herbal Steam & Plunge Pool - 30 minutes
Before or after your massage.

(Ooh manager parle Français)

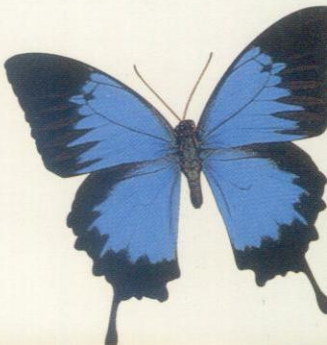
Eranda
Herbal Spa



Eranda Herbal Spa
9/37 Moo 2,
Chaweng Beach, Chaweng North,
Samui, 84330, Thailand.

Tel: (66) 0 7742 2665-6
Mobile: 0 1894 6702

email: info@erandaspa.com
www.travelthailand.com/spa/eranda_spa/index.htm



Eranda Herbal Spa

It's known as *'The Spa with a View'*, and it's the only one that can honestly make that claim on Samui! *Eranda Herbal Spa* has been imaginatively laid-out on a beautiful hillside in the North of Chaweng, overlooking lush tropical gardens and the tops of coconut palms, through to the emerald *Gulf of Siam* beyond. And it's this elevated position that immediately creates that *'away from it all'* feeling. There are good reasons why the ancients sought peace and enlightenment on mountainsides and hilltops!

Service is a practised art-form at Eranda. As soon as you ascend the 30-or-so granite steps leading from the car park and arrive at the thatched reception, you're welcomed by a smiling receptionist who offers you an ice-cold ginger and tamarind juice. She then guides you helpfully through the list of services on offer, providing samples of all the essential oils too.

Her final comment, as she hands over your private locker key and leads you to the changing and shower rooms is: *'Please leave your belongings in the locker, and all you cares and worries behind too!'* And as you strip off and head for the steam-room, this is *exactly* what you do!

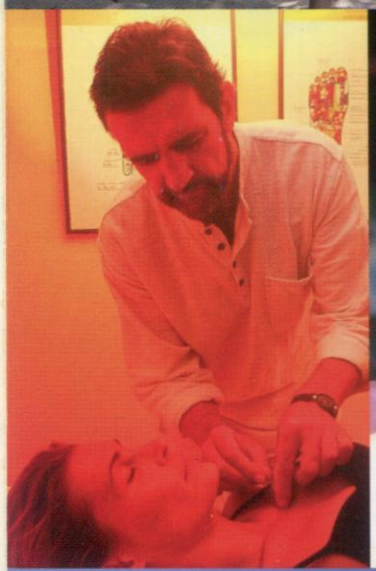
There are more natural-stone steps leading further up the hillside to the rock-shaped steam room and plunge pool, giving you the opportunity of wandering through the lovely landscaped garden. When you reach it and turn round, you can really appreciate the panoramic view. There are deck chairs up here too, making it a great spot for sunbathing. That's when you're not opening up your pores in the 45 degrees (C) steam-room or wallowing in the plunge pool outside, under a splashing water-cascade.

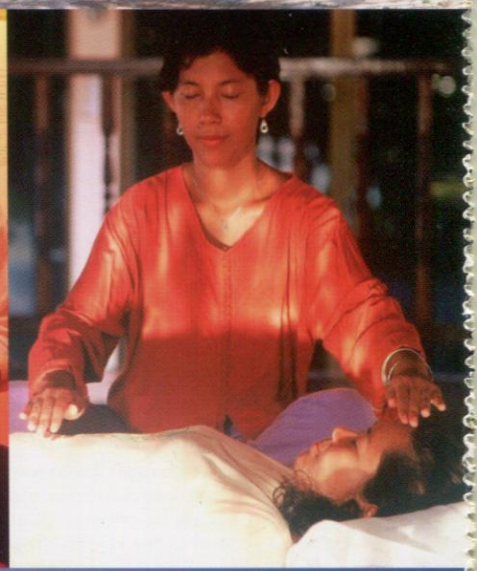
The open-sided, thatched massage area is cool and airy (one of the many joys of being located on a hillside). And the soft background music blends perfectly with the natural sounds of the many waterfalls as you lay back for your chosen treatment. Whether you've opted for a traditional Thai massage by one of Eranda's *'Wat Po'* trained masseuses (they have a resident massage teacher too), or their unique oil massage, which successfully blends Thai with occidental techniques in a most enjoyable way, you'll be sure of having a great Samui spa experience!

For a sample list of some of the many treatments offered, please lift the butterfly.









Health Oasis Resort



Fasting & Colonic Cleansing Programs

Very well designed and highly effective Standard and Nurture 3 day - 9 day programs are backed up by extensive research and hands on expertise. They are the most rapid and efficient method to cleanse the entire cellular system and regenerate at physical, emotional, mental and spiritual levels.

Other Cleansing Programs & Special Programs

Include cleansing for liver, kidney, lungs, parasites, intestinal, blood & lymph as well as programs for weight loss, smokeless, candida, PMS, stress release, cravings and constipation.

Inner Beauty Day Spa Packages

For half day (3-4 hours), and full day (5-6 hours).

A unique blend of both pampering and inner health services

Thai massage, aroma oil massage, foot massage, head & neck, ayuverdic treatments, craniosacral, holistic massage, acupressure, reflexology, tarot and aura readings, reiki, as well as private yoga and meditation are among the ones offered.

Training Courses

Thai traditional massage courses for both basic and advanced levels are certified by the Health Oasis Traditional Medicine Hospital, the only licensed facility by the Department of Health. Training in yoga, meditation, reiki, tarot and reflexology are also available as well as group classes in yoga and meditation.

Vortex Astrology

A unique method to discover your 2 personal power spots on this planet where your wholeness is fully recalled and your destiny is revealed. Very powerful!!!

Health Facilities & Health Products

Include herbal steam room, mini fitness studio and several specialized health devices for blood, lymph, parasites, oxygenation and ionizing. Hundreds of health products and take away kits for all the health programs are available to both guests and day visitors.

Vegetarian Restaurant

Offers Thai, Italian and Macrobiotic dishes.

Health Oasis Resort



Health Oasis Resort
Bang Po, Maenam,
Koh Samui, 84330, Thailand.

Tel: (66) 0 7742 0124 & 0 7723 6255
Fax: (66) 0 7742 0125

email: contactus@healingchild.com
Website: www.healingchild.com



Health Oasis Resort

Fully-established as one of Samui's leading health centres, *Health Oasis Resort* is not *only* a pampering spa. It does offer oil massages, facials and such like. But there's more...

Set on the island's quiet north shore in *Bang Por*, it's far enough away from the main tourist areas to be peaceful, yet near enough to be convenient (it's only 20-minutes drive from Chaweng). And you can stay for any length of time – from an hour or two, to a few weeks (standard to luxury accommodation is available). In fact, you could even make your home here, as several others have already done.

And there's definitely a village community feel about the place. Friendly people, all interested in becoming or staying healthy, sit chatting in the vegetarian restaurant. With innumerable health programs available ranging from *colonic cleansing & fasting* through to *Ayuverdic Traditional Indian Medicine*, *Yoga* and *Reiki*, it's not surprising that so many people arrive here. Many of the residents themselves are teachers of one or more of the disciplines practised, meaning there's always an expert or two at hand for help and/or information.

But there's one particularly fascinating service that only one person can help you with. That person is Health Oasis Resort's owner, *Mel Loverb*, and the service is *Vortex Astrology*. The subject is relatively complex, but in essence it's quite simple. Using your date and whereabouts of birth (plus a few computer charts and reference books) Mel can determine *'the two places on the planet where your energies merge and you can be harmoniously expressed'*. Not surprisingly, many find that one of the locations is Samui, which explains why so many people are spiritually drawn here.

And while you're here, having the treatments done to you, you can learn how to do them to others! Health Oasis Resort is the only facility on Samui licensed by the *Department of Health* as a *Traditional Medicine Hospital*, and they run training courses in many spa and health-related skills.

They also stock an extensive range of dietary supplements and other health products at the resort in Bang Por, and at their health food store in Nathon, the *Royal Grace Centre*.



For more details, turn over the butterfly and see a sample of their treatments and services menu.







Spa Packages

Chaba Cleanser 2 hrs.
Soft Loofah Body Scrub + Aromatherapy Massage

Koh Samui Kiss 2 hrs.
Anti-stress Facial Treatment & Hand Massage & Foot Treatment.

Calm & Cool (Especially for after-sun exposure) 2 hrs.
Cooling Facial Treatment + Swedish Massage

Thai Classical Care 2 hrs.
Traditional Thai Massage with Thai Herbal bag

Healthy Man 2 hrs.
Anti-stress Facial Treatment + Swedish Massage

Jet-lag Treatment 2.5 hrs.
Anti-stress Facial Treatment + Leg Revitalize Treatment
+ Head, Neck & Shoulder Massage

Sensual Samui Secret 3 hrs.
Skin Radiance Facial Treatment + Foot Treatment
+ Loofah Body Scrub + Aromatherpy Massage

Heavena Indulgence 3.5 hrs.
Rejuvenating Facial & Eye-sparkling Treatment + Detoxifying Body Treatment
Body-relaxing Seaweed Bath + Aromatherapy Massage

Thai Spa Packages

Herbal Scrub 30 min.
Relaxation Aroma Massage 60 min.
Ache & Pain Aroma Massage 60 min.
Head, Neck and Shoulder Massage 60 min.
Traditional Thai Massage (with Thai Herbal Steam Bag) 90 min.
Thai Herbal Steam Bag Massage 30 min.

Facial Treatments

Purification Facial 30 min.
Anti-stress Facial 60 min.
Skin Radiance Facial 60 min.
Cooling Facial Treatment 60 min.
Rejuvenating Facial 60 min.
Eye-sparkling Treatment 30 min.

Massage Therapy

Traditional Thai Massage (with Thai Herbal Steam Bag) 90 min.
Swedish Massage 60 min.
Aromatherapy Massage 60 min.
Head, Neck, Shoulder Massage 60 min.

Body Treatments

Soft Loofah Body Scrub 45 min.
Detoxifying Body Treatment 90 min.
Body Relaxing Seaweed Bath 30 min.
Body Relaxing & Remineralizing Treatment 90 min.
After-sun Body Treatment 45 min.
Leg Revitalize Treatment 60 min.
Foot Treatment 60 min.
Hand & Nail Treatment 45 min.
Manicure Nail Care 45 min.
Pedicure Nail Care 45 min.

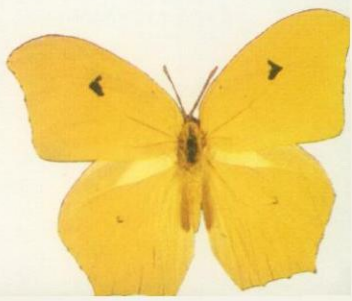
Heavena Spa



Heavena Spa
Chaba Cabana Resort
160 Moo 2, Chaweng Beach,
Samui, 84320, Thailand.

Tel: (66) 0 7723 1350-9
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email: chabanet@samart.co.th
Website: www.chabanet.com



Heavena Spa

'Money can't buy you love'. But it can buy you luxury. And it's not always so expensive either. *Heavena Spa*, offers total luxury from the moment you arrive at its plush mahogany and stone reception, until the minute you depart after a marvelous spa experience. And at a reasonable price!

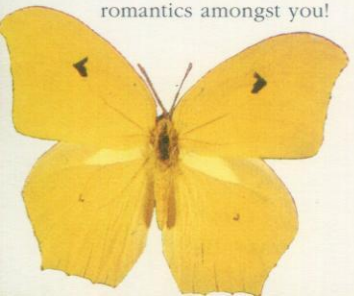
Although Heavena Spa is a part of the exciting, new *Chaba Cabana Beach Resort* in North Chaweng (on the road to the airport), it's a completely separate entity. And, being near the resort's entrance, means that you don't have to go looking for it either. It even has its own reception, and it's here that you're presented with a fragrant cold-towel, an iced drink, and that all-important item, the treatments menu.

And by offering 35 options, Heavena Spa is right up there with the best when it comes to choice. There are six different facial treatments alone! And you'll also be pleased to learn that most of the products used here are from the world-renowned French company *'Sothys'*.

There are *body scrubs* and *seaweed baths*, *reflexology* and *nail care*, *Swedish massages* and *saunas*, to name but a few. One of the most original, and extremely enjoyable, is Heavena Spa's very own *Traditional Thai Massage*. What makes it different here, is that it's done with a Thai herbal steam bag. You receive the normal benefits of a Thai massage, but with two special bonuses. The first is the aromatherapeutic value, similar to that of an oil massage. And the second is that the steam opens up your pores, allowing the herbs to work their magic on your skin, as in an herbal steam bath.

But the real magic here isn't only in the treatments. It's where they take place too that matters – a lot! Walk through Heavena Spa's lush tropical garden and you'll see cascading waterfalls here, outdoor Jacuzzis there, and natural rocks combined with artistic use of bamboo. So by the time you arrive at one of the six private rooms, its beauty won't surprise you.

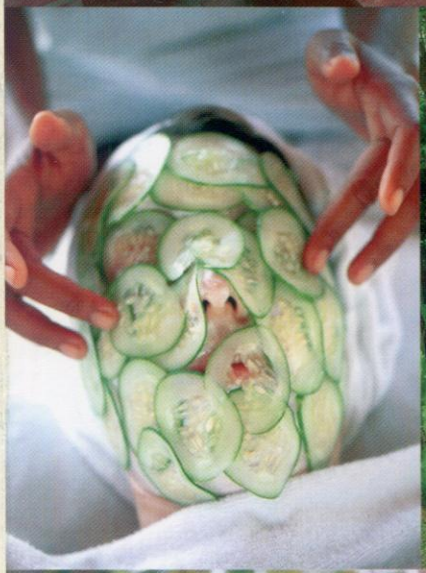
Each is air-conditioned (at a temperature to suit you!), and every room has its own private, open-air bathtub. And they are all *so* beautiful. Classically designed, with subtle lighting and superb use of the natural elements – stone, wood and water. There's even a room for two with its own Jacuzzi, outside splash-pool and waterfall. Ideal for the romantics amongst you!



For more samples of the many treatments offered at Heavena Spa, please lift the butterfly.



Jungle Park Zen Massage







The Wat Po Package 1 1/2 hours

1 hour massage, points of body and stretching.
Beneficial for muscular aches and blood circulation.

Plus:

1/2 hour foot massage to rebalance the energies,

The Sawadee Package 1 1/2 hours

1 hour relaxation massage with oil.
Deep and precise movements allowing all tensions due to stress to be smoothed away.

Plus:

1/2 hour massage concentrated on shoulders, upper back and neck,

The Namuang Package 2 hours

1 hour massage with cream, using a cream rich with acid of fruits for an extensive moisturizing of the body.

Plus:

1 hour facial skin treatment. Deep cleaning, using a mask with a base of fruit, massage and to finish application of moisturizing cream.

Full Moon Massages

Every month on the night of the full moon, enjoy our massages and treatments in a special romantic atmosphere under the stars.

Traditional Thai Massage 1 hour

Oil Thai Massage 1 hour

Thaiatsu Massage 1 hour

Foot Massage 1 hour

Head, Upper Back and Neck Massage 1 hour

Facial Skin Treatment 1 hour

Take out Skin Foot 1 hour

Herbal Steam Room

JUNGLE PARK



Jungle Park Zen Massage
176 Moo 4,
Lamai Beach, Koh Samui,
84310, Thailand.

Tel: (66) 0 7741 8034-7
Tel/Fax: (66) 0 7742 4110

email: inforesa@jungle-park.com
Website: www.jungle-park.com



Jungle Park Zen Massage

If it sounds exotic, it's because that's *exactly* what it is! Lying at the very water's edge of an extraordinarily beautiful hotel complex – *Jungle Park Resort* – the Jungle Park Zen Massage Centre has a truly idyllic location.

You can reach it directly from the beach, or from the road itself. The turning for Jungle Park Resort is 1 1/2 kilometres outside of Lamai, on the ring road to Chaweng (clearly signposted – you can't miss it), and it's a further 1/2 kilometre along this smaller road towards the sea.

You're greeted at the main reception, then escorted through the resort to the massage centre. And this journey is fun in itself: past trickling waterfalls; over small bridges; around lush tropical vegetation with resident parrots, and finally arriving at the massage center that's nestled privately between the swimming pool, restaurant and beach.

Being a small centre, it exudes a certain charm that's impossible to find in some of the larger spas and health centers on Samui. Friendly – but discreet. Open-sided – but private. Here, you get all the benefits of a beach massage – tropical sea breezes etc, but in the comfort and privacy of an attractive open-air sala. And the pretty little yellow steam-house, set nearby in its own part of the garden is also totally private.

There's a complete range of massage services available, plus several enticing special deals too – such as the *'Sawadee Package'*. This consists of a one-hour relaxation massage with an oil of your choice, followed by a 1/2-hour shoulders, upper back and neck massage. And at only 600 Baht inclusive, it's hardly surprising that it's so popular! In fact, the prices here generally are only fractionally higher than those charged on the beaches and in the glass-fronted parlours that line both Chaweng and Lamai's high streets. But it's there that the similarity ends!

All the staff at Jungle Park Zen Massage are polite, friendly, and, most importantly, highly-trained – which becomes immediately apparent when the treatments begin.

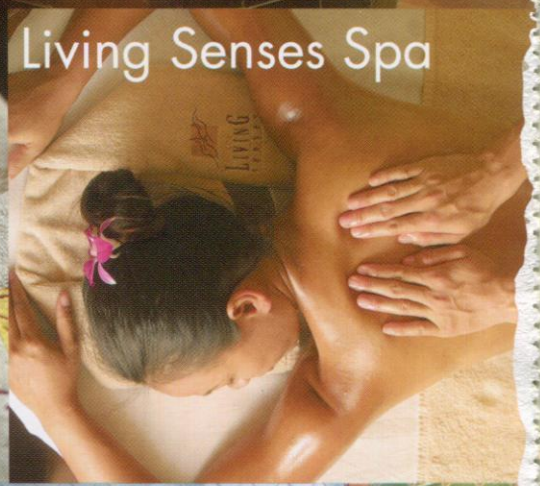
And, as an added attraction, all customers have free use of all the resort's facilities. This includes shower/changing areas, towels, soaps, swimming pool, and even a full-sized snooker table!



For a sample menu of the massage treatments offered, just lift the butterfly below.









Exclusive Treatments

Eternal Flame: Sensual Massage

An ultimate sensual, pleasurable and relaxing experience.
Applying soothing touch, tender-moderate flowing strokes, and semi-caressing massage techniques.

Ever Lover (for romantic lovers)

The ultimate "you & me, paradise" program.
It's a truly sensual, therapeutic, playful and intimate experience for loving couples, include herbal steam, body scrubs, and floral bath.

Jet-lag Recovery

An ideal treatment to overcome jet-lag related symptoms -- inability to sleep, weary body and stiffness, aches and pains.

Living Senses Massage

Combining the best of aromatherapy, reflexology, shiatsu, Thai massage, Swedish to soothe your whole being.

Myo Therapy (by Qualified Practitioner Dr. Serge Landrieu M.D. Ph.D.)

A very effective treatment for all misalignments in muscles and ligaments due to trauma, mistreatment or misuse, by our resident European doctor.

Full Range Spa Treatments

Royal Thai Massage, Foot Reflexology, Swedish Massage, Aromatherapy Massage, etc. and special organic facial, body wrap and scrubs.

Boutique Spa Facilities

12 private, cosy & stylish treatment rooms, 2 herbal steam rooms, floral Jacuzzi, vichy shower, wet area, medical consultation room, beauty salon, spa cuisine, retail sales.

SPA
LIVING
senses



Living Senses Spa
2nd Floor Living Square Plaza,
(above McDonald's and next to Living Bowl)
Chaweng Beach,
Koh Samui, 84340 Thailand

Tel: 0 7723 0917
Fax: 0 7723 0918
email: living99@loxinfo.co.th
Website: www.livingtropical.com



Living Senses Spa

It couldn't have a more convenient location, being right above *McDonald's* in Chaweng. But does that also mean that *Living Senses Spa* is noisy and without character? Well, the simple answer to that is *'No, definitely not'*.

Once you cross the stone steps at the entrance, and pass into the lush reception area with its sumptuous stone and wood décor, all thoughts of hamburgers and traffic noise *instantly* disappear. The only sounds to be heard now are the lulling background music, and the trickling water as it flows throughout the spa in rocky streams.

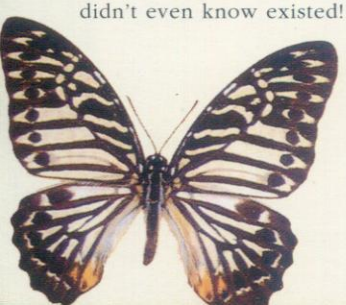
Living Senses Spa prides itself on catering for *all* your senses, not *only* your hearing. And that continues with your sense of taste, as you're presented with a delicious herbal juice while you're choosing your treatments.

And it's certainly a feast for the eyes too, as this place has been well-designed, to say the least, with much attention paid to stylish details including the unique flower-shaped steam rooms. The treatment rooms offer complete luxury and privacy, with the accent on comfort. The lighting, air-conditioning and music levels are all set to *your* preferences, and the treatment beds and mattresses are *very* comfortable (try not to drop off to sleep!).

Pleasant aromas fill the air giving your sense of smell a treat too. A scent of patchouli here and a waft of lemongrass there, as your individual aromatherapy oils mix with the scented candles and oil-burners that are placed everywhere.

And finally, the sense that's probably the most important for spa visitors – the sense of touch. Well, that's where Living Senses Spa really excells. For, not only are the staff here highly-trained in their technical skills, but they've been hand-picked for their ability to put feeling into their art too. In fact, it seems that *everyone* here so enjoys what they are doing, that it's not like work for them at all!

Do try the *Vichy Shower* when you visit. But what's that? Well, you lay down under a line of 5 shower heads that are directed onto your chakras. The water streams alternate between higher and lower pressures as the temperature rises and falls between cool and hot. And the result? Your skin becomes aware of sensations that it didn't even know existed!



For more samples of the many treatments offered here please lift the butterfly.







Neptune Club



Massage Treatments

Traditional Thai
Benefit from the healing and invigorating properties of this highly-skilled local art.

Oil
Enjoy the luxury of a full-body massage with aromatic oils.

Foot
Sit back and relax, as our professionally-trained masseuses give your feet the treatment they deserve.

Facial
Rejuvenate and revitalise your face with a special Neptune Club facial.

Energetic
After a work-out in the gym, put everything back in place with this unique service.

Spa Facilities

Swedish Sauna
Clean away your pores in the dry heat of our traditional Swedish wooden sauna.

Herbal Steam-room
Let the herbal steam infuse into your skin, enriching and cleansing in one.

Jacuzzi
Enjoy a relaxing session in our large Jacuzzi, and let the bubbles take away all your cares.

Massage Water-jets
Use our high-power shower to give yourself the ultimate self-massage.

Neptune Spa Package

Treat yourself to 4 hours of total pampering and indulgence, with a full-body oil massage, a foot massage, and a facial. Plus unlimited usage of the Jacuzzi, Swedish sauna, herbal-steam room and the high-power massage water-jets.

Fitness Centre

Visit our fully-equipped gym, where we have a complete range of the latest cardio-vascula machines, plus a massive selection of free-standing weights. Membership ranges from daily (including a free 1/2 hour energetic massage) to yearly, and includes free usage of Neptune Club's spa facilities.

NEPTUNE
FITNESS CENTER



Neptune Club
200/1 Chaweng Beach Road,
Samui, 84320, Thailand.

Tel: (66) 0 7742 2653
Fax: 0 7742 2652

email: seaquest@ifrance.com
Website: www.samui.sawadee.com/seaquest/

Open from 9:00 AM to 9:00 PM.



Neptune Club

Having a complete fitness centre and spa all under one roof, and even *on* it, makes *Neptune Club* a very desirable option if you're looking for more than *just* body and beauty treatments while you're on Samui.

It's centrally located in *Chaweng*, occupying the first and second floors above the popular *SeaQuest* restaurant and *Seaquarium*, so it's easy to find and very accessible. In fact, all three businesses are under the same ownership, and the nautical, fresh, natural theme flows throughout.

On the first floor, there's a magnificent split-level *gymnasium*. And although there's a complete range of state-of-the-art, muscle-molding machines and free-standing weights, they're not cramped up together. There's plenty of room up here!

When you come along for the first time, they'll be a Neptune Club trainer available (should you need it) to show you around and explain which machines help which particular areas of your body. And, whether you want to keep yourself in shape for the next *Mr. Universe* contest, or just want to stay in trim, you'll find others here doing the same. (There are daily, weekly, monthly and yearly rates of membership, all very reasonably priced.)

And on the same floor as the gym, there's a large *Jacuzzi*, a real pinewood *Swedish-style sauna*, and a spacious *steam-room*. All are impeccably clean (as are the washroom facilities), and in keeping with the bright, natural décor of the rest of the club.

Another short flight of stairs takes you up to the rooftop massage area with its attractive garden, complete with lily-pond and tropical plants. It's far above the *Chaweng Beach Road* below, and has marvelous views over to the lake on one side, and across to the turquoise-blue sea on the other.

There are five individual, covered massage areas, and it would be difficult finding more comfortable beds! Each can be screened for privacy, and each has its own overhead fan, should the almost constant, cooling sea-breezes up here not be enough! You can choose between *Traditional Thai, Oil, Facial* and *Foot* Massages, or even the 1/2 hour *Energetic Massage* – best taken after a gym workout.

Particularly recommended is the special *One Day Neptune Club Membership* (9:00 am – 9:00 pm). For 370 Baht, you have full access to ALL of the club's facilities, and that includes the gym, sauna, steam, and Jacuzzi, plus a free energetic massage!



For more samples of what's available at Neptune Club, please lift the butterfly.

Traditional Thai

Herbal steam
Two-hour Thai massage
An energizing massage without oil, applying acupressure and with some gentle stretches to realign the energy pathways of the body.

Approximately 3 hours

Sheer Indulgence

Herbal steam
Ninety-minute relaxation massage
Using Thai herbal oils, the relaxation oil massage is a smooth, strong, full-body massage using some acupressure and deep tissue techniques, with particular focus on the back, neck & shoulders.
Sixty-minute additional massage
Choose between an hour of relaxing reflexology foot massage or a gentle nurturing head massage.

Approximately 3.5 hours

Back to Bliss

Herbal steam
Ninety-minute back massage
This massage is ideal to relieve any build up of stress and to unwind tense back, neck and shoulder muscles.
Sixty-minute additional massage
Choose between an hour of relaxing reflexology foot massage or a gentle nurturing head massage.

Approximately 3.5 hours

Divine Decadence

Herbal steam
Ninety-minute relaxation massage
Using Thai herbal oils, the relaxation oil massage is a smooth, strong, full-body massage using some acupressure and deep tissue techniques, with particular focus on the back, neck & shoulders.
Sixty-minute foot massage
Put your feet in one of our antique planters chairs and enjoy this combination of reflexology and acupressure massage.
Fifty-minute facial
All-natural Thai herbal face massage that is gentle for all skin types, leaving the skin feeling toned and smooth.

Approximately 4.5 hours

Herbal steam

All the suggested packages start with a combination of herbal steam and cool dipping pool. The steam soothes aching muscles while cleansing and rejuvenating the skin. All in all it's an amazingly refreshing experience - the herbs mix is stimulating and revitalizing, and the combination of steam and cold water plunge pool is energizing.

Yoga, Qi-Gong, and Tai Chi Chuan classes/workshops are held regularly.

TAMARIND RETREAT

an oasis for body & soul



Tamarind Retreat
Tropical villas & day spa
205/7 Thong Takian
Tambon Maret, Samui 84310, Thailand.

Tel Spa: 0 7742 4436, 0 7723 0571
Tel Villas: 0 7742 4221
Fax: 0 7742 4311

email: info@tamarindretreat.com
www.tamarindretreat.com



Tamarind Retreat

Few places in the world are totally unique. *Tamarind Retreat* is one of them – it's tropical, it's Asian and it's exotic. And at the same time celebrates its idyllic setting on Samui in a very natural, unpretentious way.

Everything seems to slow down gradually from the minute you turn off the road into the palm-lined driveway. A short stroll brings you into the reception area, with its Asian-style design, softly soothing music and unique granite table.

Within seconds, you have an ice-cold tamarind ginger cooler placed in your hands, and it's at this precise moment that you realize you're going to enjoy the place. The receptionist is on hand, welcoming you with the menu of services. And quite a list it is too!

Whichever combination of treatments you choose, you will find something to delight you. One of the most popular massages is a *Fusion Oil Massage*, combining Thai techniques with deep-tissue massage. Also popular is the *Tamarind Thai Massage* with its slow acupressure and gentle manipulation. This marvelous ninety-minute treatment comes highly recommended. It really *does* relieve all that built-up stress.

Round off any of these massages with the gentle *Head Massage* or the relaxing *Foot Massage*. And if you are in the mood for a little pampering, Tamarind offers a Facial with all-natural Thai products.

The steam room and dip pool are perhaps the most imaginatively designed - anywhere in the world! The unique herbal steam actually incorporates two massive boulders in its structure, one of which serves as a natural wall extending into the fresh water plunge pool below. You can lie back in the pool and while away the time for hours, popping back to the steam bath for a sweat-out every now and then.

All the towels, sarongs, slippers, shampoos, conditioners and soaps are provided, so all you have to bring along is yourself. And perhaps your toothbrush!

While many guests just visit the day spa, a lucky few actually *stay* at Tamarind Retreat. Barely visible amid the lush flora are eight individually designed tropical villas, each crafted to blend unobtrusively into its natural surroundings.

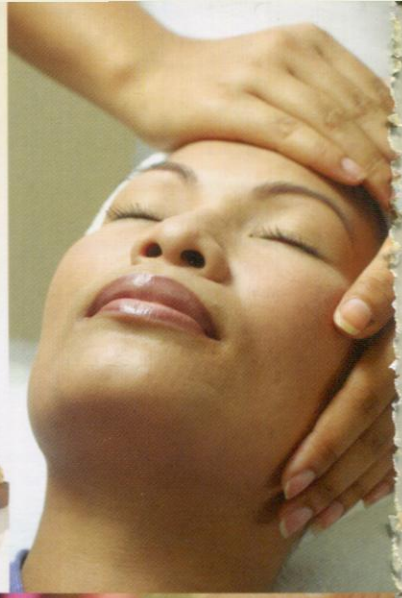
And an added attraction of Tamarind Retreat is that it also hosts regular *Yoga*, *Qi Gong*, and *Tai Chi Chuan* classes.

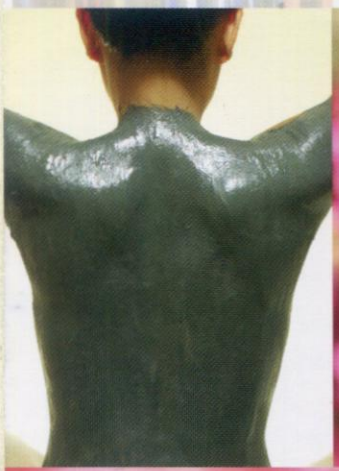
But I'll leave the summing up of this extraordinary centre to Tamarind Retreat visitors themselves, by quoting a typical entry in the heavily subscribed visitors' book - *'This place is like heaven on earth'.*



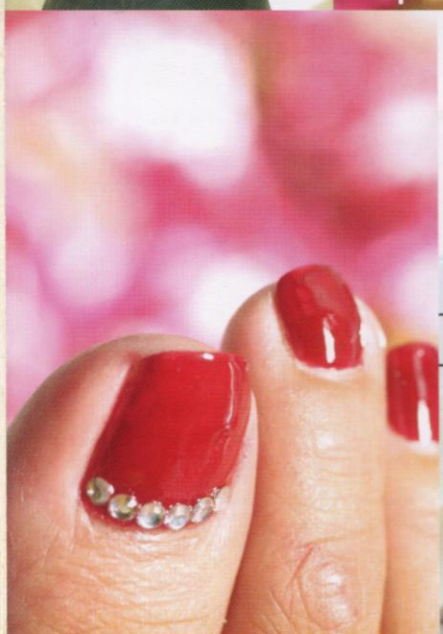
To see some more samples from Tamarind Retreat's extensive list of spa services, just lift the butterfly.













Aromatherapy for Wellness and Beauty Treatment
Boost your health and vitality with Aromatherapy. We provide more than 50 kinds of Essential Oils to customize our treatment for your highest benefit.

Aromatherapy Facial
Treat yourself to the complete deep cleansing aromatherapy facial which will make your skin look younger, firmer, and smoother. This facial combines lymphatic drainage, cleansing, hydrating, scrubbing, ozone, black spot removal with vacuum, sea weed mask, moisturizing, as well as 30 minutes of face, shoulder, and back massage.
(Good for all skin types, with special anti-wrinkle benefit.) 90 min.

Pampering Facial
Let us pamper your skin with facial massage and special modeling mask. It is designed to purify and promote radiant skin and lymphatic drainage by cleansing, hydrating, scrubbing, ozone, face massage, black spot removal, mask and moisturizing.
(Good benefit for oily and T-zone skin, and skin with acne.) 60 min.

Top- to- Toe Refining Treatment
This all-inclusive treatment combines aromatherapy facial, body scrubbing, massaging, and whole body seaweed or mud mask. 3 hours.

Aromatherapy Massage for relaxing, revitalizing, muscular aches, body balancing.

Slimming Massage & Body Wrap

Nail Extension: Acrylic, Gel, Fiber Glass

French Acrylic, Acrylic Fill-in

Nail Art Painting

Special Manicure or Pedicure

French Manicure

Hand & Nail Pampering: (aroma soaking, cuticle cleaning, filing and buffing, scrubbing, paraffin wrap, massaging, nail polishing) 60 min.

Pampering Foot Treatment: (aroma soaking in modern foot spa, cuticle cleaning, rough skin removing, filing and buffing, scrubbing, massaging, nail polishing) 60 min.

Eyelashes perm, dye

Eyebrow waxing, plucking, dye

Tattoo: (eyebrow, eye liner, lip liner)

Waxing: (upper lip, under arms, whole leg, half leg, bikini line)

TOP-TO-TOE

beauty day spa



Top-To-Toe
200/5 Chaweng Beach Road (opp. UFO shop),
Samui, 84320, Thailand.

Tel: (66) 0 7741 0049
Mobile: 0 9797 6470

email: top-to-toe@cadiron.com
Website: www.cadiron.com/top-to-toe

Open from 11:00 AM to 11:00 PM.



Top-To-Toe

Some spas focus on health. Others on fitness. But *Top-To-Toe* is Samui's only spa that concentrates almost entirely on the beauty & pampering aspect of this ever-growing industry.

And you won't be trusting your most valuable assets to local amateurs either! All the staff members have been fully-trained by owner and senior beautician – *Natasha Srion*. Herself a skilled expert with over 15 years' experience, including periods in *Singapore* and also *London*, where she was certified as a *Professional Beauty Technician* by the prestigious *Salon System* at *The Training Base*.

At Top-To-Toe you *will* find massage treatments, but with the accent definitely on how you'll *look* afterwards, and how *relaxed* they'll make you feel. For instance, the *Slimming Massage and Body Wrap* combines the luxury of enjoying an aromatherapy massage, with the added benefit of accelerating the removal of cellulite deposits with a special *Salon System Slimming Formula* (most of the products used here are Salon System and are especially imported from England).

And if you want to go to heaven for three hours, I'd recommend the *Top-To-Toe Refining Treatment*. For just 3,000 Baht you're given an *aromatherapy deep-cleansing facial*, a *full-body scrub*, and then an *aromatherapy oil massage* followed by a *full-body mask* (seaweed or mud). It's guaranteed to leave you feeling sensational!

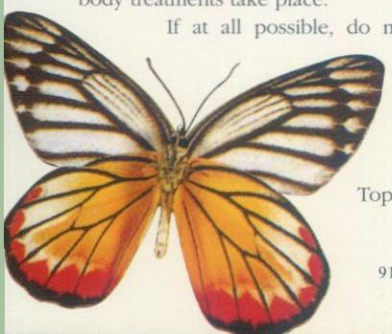
Samui's hot sandy beaches aren't very kind to feet, which makes the *Foot Treatment* very appealing. *Aroma-soaking, cuticle cleaning, rough-skin removal, filing & buffing, scrubbing, massaging* and finally *nail-polishing*, repairs any damage done, and leaves your feet looking great too.

But it's in the beauty department that Top-To-Toe *really* excels. Everything from *eyelash & eyebrow dyeing* and *lipliner, eyeliner & eyebrow tattooing*, through to *hair-removal waxing* is available. Particularly popular treatments are the *French acrylic-nail extensions* (which really do look like the real thing), and the incredibly detailed *nail-art*, complete with diamonds if you want them!

And Top-To-Toe couldn't be easier to find, being directly opposite the *UFO* garments shop on *Chaweng Beach Road*. It's an attractive double-fronted property, with treatments taking place on both the ground and first floors. Private rooms (with baths) are available upstairs, and this is where the massage and body treatments take place.

If at all possible, do make an appointment before going along. This beauty day-spa is very popular, and for very good reasons!

For more samples of the treatments offered at Top-To-Toe, just lift the butterfly.



We hope that *Samui Health & Spa Guide* has been of benefit to you with its information and recommendations.

If you have discovered other quality health centres or spas that you feel should also be recommended and included in this publication, we would be very pleased to hear from you at the address below.

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